

S.M.A.R.T. Choices!

Take a few moments to think a little more about what you're eating and drinking, can you make a different choice and reduce your fat and calorie intake?

Do you know that ...?

½kg [1lb] of body fat contains 3500 calories so to lose ½kg (1lb) each week you need to reduce your calorie intake by 500 calories every day.

SWAP ✗	FOR ✓	SAVE CALORIES	SAVE FAT
2 chocolate biscuits	2 plain biscuits	113	5g
2 crackers with butter and cheese	2 crackers with light cheese (no butter)	143	17g
150g creamy yoghurt	150g low fat yoghurt	99	5g
bar milk chocolate	fun size bar	170	9g
bar milk chocolate	piece fresh fruit	200	14g
sausage roll	2 grilled sausages	71	5g
2 grilled sausages	2 low fat sausages	51	7g
1tbs mayonnaise	1tbs fat free dressing	106	11g
28g packet crisps	28g packet reduced fat crisps	25	5g
28g packet crisps	25g plain popcorn	122	10g
steak pie & chips	Shepherd's pie with vegetables	268	22g
BLT sandwich	'healthy choice' BLT	326	25g
baked potato, butter, coleslaw & cheese	baked potato & beans (no butter)	300	36g
can of cola	can of diet cola	135	-
1 glass fruit juice	1 glass water	94	-
large milk shake	diet drink	516	13g

Visit Choose To Lose - Get Active Your Way

To find an activity that suits you in your local area.

Regular physical activity will help you lose weight and maintain your weight loss. It can also improve your self esteem, reduce anxiety and can help prevent and manage a number of chronic conditions including coronary heart disease, stroke, type 2 diabetes and certain cancers.

REMEMBER!

Adults should aim to be active every day - and should not sit around for long periods of time. Something is better than nothing!

Useful contacts and other support

Slimming clubs can be great for advice, support and motivation. It may also be possible for you to have similar support at your health centre; ask at reception to find out what is available.

Useful Websites

Active Scotland

www.activescotland.org.uk

British Dietetic Association

www.bda.uk.com
www.bdaweightwise.com
www.teenweightwise.com

Choose To Lose

www.nhsforthvalley.com/weight

Counterweight

www.counterweight.org

Eat Better Feel Better

www.eatbetterfeelbetter.co.uk

NHS Choices

www.nhs.uk
 Health A-Z Tab search "Healthy Eating" or 'Fitness'

NHS Inform

www.nhsinform.co.uk

Useful Apps

www.apps.nhs.uk
 Discover apps to help you manage your health and weight.

Good luck! People are more successful at losing weight and keeping it off if they self monitor their lifestyle changes, reduce time sitting around and regularly eat lower calorie and low fat meals.

Stay positive, keep going and remember to reward yourself for all your efforts and successes.

Publications in Alternative Formats

We are happy to consider requests for this publication in other languages or formats such as large print.

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Choose To Lose...

and keep weight off for good!



Ready to Take Control



Eat Well Feel Great



Get Active Your Way



Keep Going

Go to:

www.nhsforthvalley.com/weight

Website offers

- Practical advice and information on weight management
- Downloadable resources and self monitoring worksheets
- Links to mobile apps and information on local exercise groups and activities



Do you want to lose weight and keep it off for good?

If you do, then now is the time for you to take control, eat well, get active and monitor your progress. Visit [Choose To Lose - www.nhsforhthvalley.com/weight](http://www.nhsforhthvalley.com/weight) for practical advice, information and downloadable self monitoring sheets. The most effective way is gradually changing what you eat and drink and leading a more active lifestyle for good.

First things first – what’s on your plate?

Write down everything you eat and drink over a few days, including a weekend. Have you remembered everything? What about the sugar in your tea, nibbles from the fridge or off plates? Be aware of how much you eat; the way your food is cooked and when you eat. Do you eat when you’re bored? How much alcohol do you drink at ‘one sitting’ and over a week? The picture below illustrates what you should be eating on a day to day basis - how does it compare with what you are eating?



Visit Choose To Lose and download a food diary. Evidence suggests that by writing down what you eat and drink and self monitoring your progress you are more likely to be successful at losing weight and keeping it off.



Make S.M.A.R.T. changes and be realistic

S.M.A.R.T. changes are Specific, Measurable, Achievable, Realistic and Time Limited. Losing weight slowly rather than crash dieting is healthier in the long term.

Aim for a healthy weight loss of ½-1kg(1-2lb) per week

Have a good look at your food diary, what changes can you make? Start by reducing fatty and sugary foods and drinks. If you eat two packets of crisps, cut this down to one; grill rather than fry; have soup instead of pudding or if you have fizzy drinks buy diet versions from now on. Make changes gradually to avoid feeling deprived.

S.M.A.R.T. eating and drinking - enjoy your meals!

- Eat 3 meals a day, always have breakfast and try not to eat anything after your evening meal.
- Portion control is very important, use smaller plates and bowls.
- When serving up your meals divide your plate up. Fill half with vegetables, salad or fruit; the other half divide equally between starchy foods and low fat protein rich foods.
- Starchy foods such as bread, potatoes, noodles, rice and pasta are good news. They are not fattening, they are filling, especially the wholegrain varieties. Have some with every meal.
- Have some fruit and vegetables with every meal – fruit is a great snack between meals.
- Drink plenty fluid – aim for at least 1500ml [6 tall glasses] every day. Change to low calorie/diet fizzy drinks and no added sugar squashes, or even better drink more water.
- Use sweeteners instead of sugar.
- Be careful with biscuits – one can lead to another and another. Have some fresh fruit, a handful of dried fruit or seeds instead.
- Remember alcohol is high in calories – don’t drink anymore than is recommended and use low calorie or diet mixers.



Do you know the recommended limits for alcohol?

Men should not regularly drink more than 3-4 units of alcohol a day.

Women should not regularly drink more than 2-3 units a day.

‘Regularly’ means drinking this amount every day or most days of the week.

Making small changes to what you eat and your physical activity levels can make a big difference over time.

S.M.A.R.T. Shopping - but not when you’re hungry!

- Plan ahead - work out what you are going to eat, write a shopping list and stick to it.
- Be careful with foods labelled ‘lower’ or ‘reduced’ fat as they may still contain large amounts of fat, also some low fat products can be high in sugar so always check the labels and use the table below as a guide.

Sandwich pre-packed per portion	less than 21g of fat per portion
Choose one with less than 350 calories	
Yoghurts per 100g pot	less than 3g fat and less than 16g sugar
Choose one with less than 100 calories	
Breakfast Cereals per 100g	less than 22.5g sugar and more than 5g fibre
Choose cereals with no added sugar	

Check Food Labels

- For a healthier choice try to pick products with more **greens** and **ambers** and fewer **reds**.

Per 100g	LOW this amount or less	MEDIUM between these amounts	HIGH this amount or more
Fat	3g	3g and 17.5g	17.5g
Saturated Fat	1.5g	1.5g and 5g	5g
Sugars	5g	5g and 22.5g	22.5g
Salt	0.3g	0.3g and 1.5g	1.5g

S.M.A.R.T. Cooking - learn to enjoy healthier cooking

- Involve the whole family – they will thank you in the future.
- Avoid adding extra fat when cooking; try dry frying or use a spray fat.
- Trim visible fat from meat and drain excess fat from cooked dishes. Skim fat from stock and soup.
- Go easy on cheese; a 30g portion is the size of a small matchbox.
- Replace cream in recipes with plain low fat yoghurt.
- Missing chips? Boil potatoes first, leave whole or cut into wedges, then spray lightly with oil before crisping in a hot oven.
- Sprinkle less salt and taste more - avoid adding salt during cooking. Try not to add any at the table.
- Avoid having takeaways too often.