



ChooseToLose@Work

Week 2 – Eating well and portion control

Aim:

The aim of week 2 is to introduce what a healthy balanced diet should look like.

Essential topics to cover:

- Welcome participant back.
- Ask participant how they felt the previous week went. Did they stick to their goal? If yes, congratulate them. If no, ask them to reflect if the goal was achievable or whether they should consider tweaking it.
- Remind them to set a week 2 goal – encourage them to make this goal around their diet.
- Remind participants that forward planning is key to success and making small realistic changes is the key to losing weight in the long term.
- Encourage participants to keep a food diary.
- Remember, basic weight loss means less calories in and more calories out.
- Record participant's weight & reflect on any weight change.

Top Tips:

1. Eating a healthy breakfast is an important habit to get into. Research shows that regular breakfast eaters tend to be leaner and more successful at keeping weight off. Eating a filling, wholegrain, high-fibre breakfast is a good choice to fill you up and help to stop you reaching for an unhealthy snacks mid-morning.
2. Portion size matters!! Portion control can be a significant issue for some people and for effective weight loss it is important to control the amount of food you eat. To understand what a healthy portion size is, try weighing your food or counting calories for the first couple of weeks. This can be done on the NHS Choices [Nutracheck](#) or on other mobile telephone apps. Other tips include;
 - a. Enjoy your meals slowly at a dinner table, enjoy the taste of food and you will be more aware of how full you are getting.
 - b. Measure starchy food like rice, potatoes or pasta before you cook them.
 - c. Eat your food from smaller plates or bowls.
 - d. Fill any gaps on your plate up with vegetables or salads.



- e. Pop any extra food in the fridge before you begin to eat, this will prevent you from returning for seconds.
- 3. Ask yourself if you are really hungry. Thirst can often be mistaken for hunger so try to have a glass of water before reaching for a snack. Try to wait 20 minutes before eating to see if the feeling of hunger will pass.

For further information on healthy eating visit Choose To Lose [Eat Well Feel Great](#)

Leaflets and posters to display or handout

Some of the resources below are free to download via the links others can be ordered through NHS Forth Valley's [Health Improvement Resource Service \(HIRS\)](#) <http://nhsforthvalley.com/health-services/health-promotion/resources-and-design/hirs-library/>

Title	Available from where?
Choose To Lose Self Monitoring Worksheets	Download Self Monitoring Tools/Worksheets online www.nhsforthvalley.com/weight These can be photocopied and used weekly to record your goals/targets. My Smart Goal Sheet Choose To Lose Self Monitoring Workbooks can be ordered from HIRS NUT 01/L
Eatwell Guide	Resources available to download from http://www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily/eatwell-guide
Eatwell Guide Flyer	HIRS NUT 79/L
Healthy Eating and Portion Sizes Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Healthy Eating' or 'Portion Sizes'
Weight Loss Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Weight Loss.'
1lb Fat Blob Model	Borrow from HIRS NUT 02/K
NHS Choices Weight Loss Guide	Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx Download Week 3

Useful Websites

For further links to websites and apps visit:

Choose To Lose... and keep weight off for good!

www.nhsforthvalley.com/weight

- **Ready to Take Control?** - Helping you change your old habits and get motivated.
- **Eat Well Feel Great** – Set achievable goals and get tips on healthy eating.
- **Get Active Your Way** – Find an activity that suits you and find out what’s going on in your area.
- **Keep Going** – Top tips on how to stay motivated and maintain a healthy weight and lifestyle.

NHS Choices – Eatwell Guide
[guide.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)

[www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-](http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx)

Change4Life

www.nhs.uk/change4life/Pages/change-for-life.aspx

Eat Better Feel Better Recipes

www.eatbetterfeelbetter.co.uk

Food Standards Scotland

[www.foodstandards.gov.scot/nutrition-healthy-](http://www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily)

[eating/eating-healthily](http://www.foodstandards.gov.scot/nutrition-healthy-eating/eating-healthily)

Useful Apps

Change4Life – Meal Mixer App
[recipe-finder-app.aspx](http://www.nhs.uk/change4life/Pages/meal-planner-recipe-finder-app.aspx)

[www.nhs.uk/change4life/Pages/meal-planner-](http://www.nhs.uk/change4life/Pages/meal-planner-recipe-finder-app.aspx)



One Your Easy Meals App

www.nhs.uk/Tools/Pages/easy-meals.aspx

