



ChooseToLose@Work

Week 4 – Workplace Lunches and Snacks

Aim:

We spend almost a third of our day at work and lunch is often treated as a last-minute thought, with some people not making time for their lunch at all. The aim of week 4 aims to help people review and plan what they're eating during their working week.



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 4 goal – encourage them to consider what they are eating throughout their working day.
- Encourage participants to keep a food diary.
- Remind participants that forward planning is key to success and making small, realistic changes is the key to losing weight in the long term.
- Remember, basic weight loss means less calories in and more calories out.
- Record participant's weight and reflect on any weight change.

Top Tips:

1. Wholegrain / high fibre bread is more filling than white bread.
2. Workplace snacks are a good time to help you reach your recommended 5 portions of fruit and vegetables a day. What about:
 - o Sugar snap peas and carrot sticks.
 - o Small apple sliced or diced.
 - o Celery sticks and low fat hummus.
 - o Cucumber or baby corn with a lower fat cream cheese.
3. Use reduced fat mayonnaise. Mayonnaise is very high in fat, a tablespoon of mayonnaise can contain around 100 calories and can turn a healthy meal or sandwich into an unhealthy one.
4. Consider the snacks you are eating and how they add up:

- 1 digestive biscuit = 71calories
 - Walkers sweet chilli sensations (40g)= 202 calories
 - Costa Cafe Latte (Whole milk) = 128 calories
 - Mars Bar = 165 calories
5. Some people find that brushing their teeth after a meal, chewing sugar free chewing gum or having a bottle of water on hand can help them to stop unplanned snacking.
 6. Planning is key so buy a new lunch box or some Tupperware and plan your meals and snacks for your working week.
 7. It's a good idea to box up any leftovers from dinner and keep in the fridge, then it's all ready to take for lunch the next day!

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/)
<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. <ul style="list-style-type: none"> • My Smart Goal Sheet
Top tips for putting healthy eating into practice in the workplace – British Heart Foundation	Download from British Heart Foundation Website www.bhf.org.uk/publications/health-at-work/health-at-work-top-tips-for-putting-healthy-eating-into-practice-in-the-workplace
Healthy Snacks Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Healthy Snacks.'
Healthy Packed Lunches Factsheet	Visit British Dietetic Association https://www.bda.uk.com/foodfacts/home Scroll down and Choose 'Healthy Packed Lunches.'
NHS Choices Weight Loss Guide	Visit www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx Download Week 4

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 –100 Calorie Snacks www.nhs.uk/Livewell/loseweight/Pages/surprising-100-calorie-snacks.aspx

Change4Life – Snacks www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx

Eat Better Feel Better Lunch Recipes www.eatbetterfeelbetter.co.uk

British Heart Foundation www.bhf.org.uk/health-at-work

