



## ChooseToLose@Work

### Week 6 – Swap & Save

**Aim:** The aim of week 6 is to help participants to think about small food swaps that they can make to reduce the amount of unhealthy calories they are eating.



#### Essential topics to cover:

- Welcome participant back and congratulate them on hitting the half way mark.
- 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 6 goal – encourage them to think about what simple swaps they could make to the food they are eating.
- 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. Swapping foods can be one of the easiest ways to improve your diet, you will slowly reduce calorie intake as well as removing some of the excess saturated fats and sugars, and this is all without feeling that you are restricting or depriving yourself too much.  
Food swaps can also be a much more sustainable way to diet without restricting foods too much.
  - a. Swap white breads and bagels to wholegrain varieties.
  - b. Swap creamy or cheesy sauces for tomato or vegetable based dishes
  - c. Swap whole-fat milk with skimmed or semi-skimmed milk.
  - d. Swap sugary drinks with diet or sugar free options.
  - e. Swap cheese for reduce fat cheese.
  - f. Swap half of your portion of pasta with vegetables.
  - g. Swap tuna in oil to tuna in water
  - h. Swap sour cream to low fat yoghurt
  - i. Swap fried foods with boiled or grilled foods.

## 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 <a href="http://www.nhsforthvalley.com/weight">www.nhsforthvalley.com/weight</a> These can be photocopied and used weekly to record your simple swaps and SMART goals. <ul style="list-style-type: none"> <li>• My Smart Goal Sheet</li> </ul> Choose To Lose Self Monitoring Workbooks can be ordered from HIRS NUT 01/L
Small Changes Big Benefits	HIRS NUT 71/L
Simple Swaps– Take Life On	Download factsheet <a href="http://www.takelifeon.co.uk/download_file/-/view/158/">www.takelifeon.co.uk/download_file/-/view/158/</a>
NHS Choices Weight Loss Guide	Visit <a href="http://www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx">www.nhs.uk/Livewell/weight-loss-guide/Pages/weight-loss-guide.aspx</a> Download Week 6

## Displays

Title	Available from where?
Swap and Save Display	HIRS WKH 14/K

## Useful Websites

For further links to websites and apps visit:

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

[www.nhsforthvalley.com/weight](http://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 Food Swaps**

[www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx](http://www.nhs.uk/Livewell/loseweight/Pages/Healthyfoodswaps.aspx)

**NHS Choices –100 Calorie Snacks**

[www.nhs.uk/Livewell/loseweight/Pages/surprising-100-calorie-snacks.aspx](http://www.nhs.uk/Livewell/loseweight/Pages/surprising-100-calorie-snacks.aspx)

**Eat Better Feel Better – Simple Swaps**

[www.eatbetterfeelbetter.co.uk/handy-hints?category=9&tid\\_1=All&=Apply](http://www.eatbetterfeelbetter.co.uk/handy-hints?category=9&tid_1=All&=Apply)

[www.eatbetterfeelbetter.co.uk/handy-hints?category=9&tid\\_1=All&=Apply](http://www.eatbetterfeelbetter.co.uk/handy-hints?category=9&tid_1=All&=Apply)

**Smart Swaps – Change4Life**

[www.nhs.uk/change4life/Pages/smartswaps.aspx](http://www.nhs.uk/change4life/Pages/smartswaps.aspx)

