



## ChooseToLose@Work

### Week 7 – Plan Ahead and Eating Out

**Aim:** Weekends and eating out can often be the cause of healthy eating to slip up. Of course we are all going to have some ‘cheat days’, but week 7 aims to remind participants that they can still be healthy when they are eating out.



#### 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 not and encourage them to consider tweaking it.
- Remind them to set a week 7 goal – encourage them to think about how eating out is impacting on their weight.
- 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. Ask family and friends not to offer you tempting treats to help you stay on the right track.
2. If you’re eating out, decide beforehand what you’re going to eat and don’t be afraid to ask a restaurant to swap items on the menu, for example replacing chips with vegetables. More often than not they will be happy to make a few simple swaps to your dish.
3. Choose a side salad or vegetables instead of a starter.
4. Choose tomato based dishes over creamy dishes.
5. Suggest some diet friendly socialising with friends. Try a walk in the park, a game of golf, an afternoon at the spa or ten pin bowling or the cinema.
6. Enjoy a hot drink after your meal instead of a dessert.

## 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?
Simple Takeaway Swaps - Take Life On	Download Factsheet <a href="http://www.takelifeon.co.uk/index.php/download_file/-/view/148/">www.takelifeon.co.uk/index.php/download_file/-/view/148/</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 7

### 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 – Healthier Takeaways**

[www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.aspx](http://www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.aspx)

**Change4Life – Snacks**  
[www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx](http://www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx)

[www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx](http://www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx)

**Eat Better Feel Better Lunch Recipes**

[www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)

**British Heart Foundation**

[www.bhf.org.uk/health-at-work](http://www.bhf.org.uk/health-at-work)

