



# Adult Weight Management Service



# What you can do to manage your weight



**Evidence-based self-help resources you can trust**





# LEARN ABOUT:



## The truth about dieting

Dieting cycle, triggers to eating, diet myth busting, and more.

CLICK BELOW: 



**Patient Webinars**



## Balanced eating

Nutrition, the Eatwell Guide, healthy eating tutorial, healthy diet at every stage of life, how to Eat Well Your Way.

CLICK BELOW: 



## Portion sizes & food labelling

What is a portion of food?  
How to read a food label?

CLICK BELOW: 



## Alcohol & weight

Do you know how many calories are there in a glass of wine or beer? Find out and try to calculate units of alcohol and calories in drinks.

CLICK BELOW: 





# PLAN YOUR MEALS:



## FREE 7-DAY MEAL PLAN

Click to download a free 7-day meal planner designed by The British Nutrition Foundation and a 'Try, Swap, Change' planner to help you TRY something new, SWAP your old habits for better ones and CHANGE your lifestyle.



## HEALTHY MEAL PLANS

Weekly meal plans such as low carb planner, budget planner, Mediterranean plan, cooking for one, family plans, and more.





# FIND RECIPES:



## GET INSPIRED

Find recipes that you love to cook that will help you to manage your weight with these free resources.



CLICK BELOW:



01. **BDA** The Association of UK Dietitians

02. **DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

03. **Better Health** healthier families

04.   
British Heart Foundation

05. **goodFOOD**

## EAT WELL, SPEND LESS





# FIND YOUR WAY TO BE MORE ACTIVE:



## SEARCH FOR LOCAL ACTIVITIES HERE:



Find local activity classes, sports venues, community groups and more in Falkirk, Stirling and Clacks.



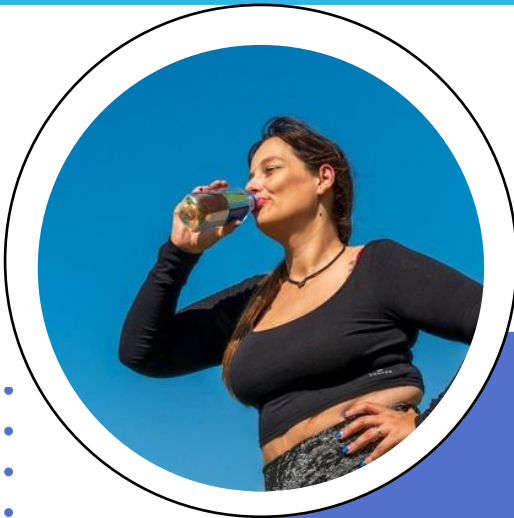


# FIND YOUR WAY TO BE MORE ACTIVE:

## LOCAL WALKING AND CYCLING GROUPS



CLICK BELOW:



### Exercising online

Access online instructor-led fitness exercises covering aerobic, strength and resistance classes, pilates and yoga.





# FIND SUPPORT:

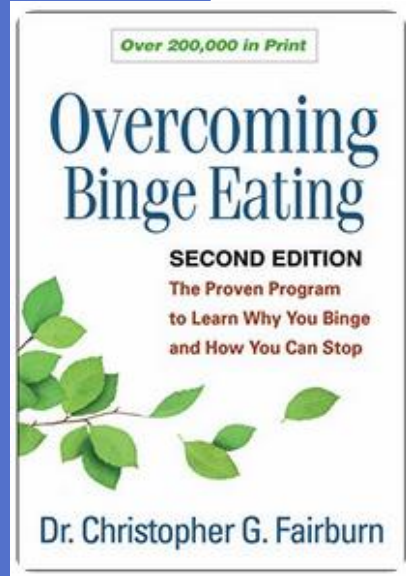


## EMOTIONAL OR BINGE EATING SUPPORT

CLICK BELOW:



If you struggle with comfort or binge eating, you may find these resources helpful. You can also self-refer to the clinically recommended BEAT Momentum programme, or join Overeaters Anonymous.





# FIND SUPPORT:



## PSYCHOLOGICAL SUPPORT

Our mental health has a big impact on our health and wellbeing. If your mental health is a barrier to adopting healthier habits, consider these clinically proven programmes and tips to help you feel better.

CLICK BELOW:



Anxiety & worries



Depression, anxiety, stress & more



Low mood, stress, resilience



Steps on Stress Text therapy

Depression & diet







# SLEEP BETTER:



How we sleep affects not only our energy levels and motivation but also hunger and appetite levels. Sleepio is a six-week clinically proven programme used to treat sleeping problems.

CLICK BELOW:



Click here to access more advice about sleep: 





# USEFUL RESOURCES



## APPS TO HELP YOU KEEP ON TRACK:



Online food diary



Carbs & Cals: Diet and Diabetes



Habit changes

# WOMEN'S HEALTH



Guide to PCOS



Menopause management



Women's health and diet





# OTHER WEIGHT LOSS SUPPORT

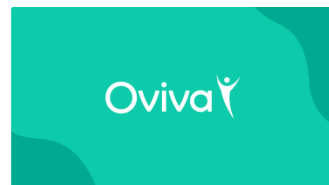


If you are unsure about starting a specific diet, speak to your GP or healthcare professional first to ensure it is a safe option for you. Click on the right for more information about diets and click below for different weight loss programmes you may wish to try



SECOND NATURE

12 Week Weight Loss Programme





# USEFUL RESOURCES

If you have a specific health concern, find out more here:



[\*\*NHS Forth Valley self-help leaflets\*\*](#)

[\*\*British Heart Foundation\*\*](#)

[\*\*Diabetes UK\*\*](#)

[\*\*NHS Forth Valley Diabetes Education\*\*](#)

[\*\*British Dietetic Association Food Facts\*\*](#)

[\*\*Condition specific patient webinars\*\*](#)





# LIST OF RESOURCES

The truth about dieting webinars

<https://patientwebinars.co.uk/condition/weight-management/webinars/>

Balanced eating resources

<https://www.foodstandards.gov.scot/consumers/healthy-eating>

Portion Sizes

<https://www.bda.uk.com/resource/food-facts-portion-sizes.html>

Food Labelling

<https://www.nutrition.org.uk/creating-a-healthy-diet/food-labelling/>

Alcohol and Weight

<https://www.nhs.uk/live-well/alcohol-advice/calories-in-alcohol/>

Drinkaware Calorie Counter

<https://www.drinkaware.co.uk/tools/unit-and-calorie-calculator#/unit-and-calorie-calculator>

British Nutrition Foundation Free 7 Day Meal Plan

<https://www.nutrition.org.uk/creating-a-healthy-diet/planning/>

Diabetes UK Meal Plans (including low carb, budget, Mediterranean, cooking for one, family plans and more)

<https://www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/meal-plans>

British Dietetic Association Let's Get Cooking Recipes

<https://www.bda.uk.com/food-health/lets-get-cooking/recipes.html>

Diabetes UK Recipes

<https://www.diabetes.org.uk/guide-to-diabetes/recipes>

NHS Healthier Family Recipes

[Recipes - Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/)

British Heart Foundation Recipes

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder?keyword=&tab=recipes&run=1>

BBC Good Food Recipes

<https://www.bbcgoodfood.com/recipes/collection/healthy-dinner-recipes>



# LIST OF RESOURCES

Love Food Hate Waste Recipes

<https://www.lovefoodhatewaste.com/foods-and-recipes>

British Dietetic Association Eat Well Spend Less Food Fact Sheet#

<https://www.bda.uk.com/resource/food-facts-eat-well-spend-less.html>

NHS Forth Valley Access to Food Support (including cost of living support and access to food)

<https://nhsforthvalley.com/health-services/health-promotion/nutrition/access-to-food-food-security/>

NHS Forth Valley Get Active Your Way (including what's available locally)

<https://nhsforthvalley.com/health-services/az-of-services/weight-management/adult-weight-management/choose-to-lose/get-active-your-way/>

Feel Falkirk Local Walks

<https://www.falkirkleisureandculture.org/fit-and-active/step-forth/walks/>

Braveheart Local Walks

<https://braveheart.uk.net/walking/>

Scottish Women's Walking Group

<https://www.swwg.co.uk/>

Cycling UK Local Groups and Clubs

<https://www.cyclinguk.org/group-listing>

NHS Online Fitness Studio (instructor-led exercise videos, including aerobic exercises, strength and resistance training, pilates and yoga)

<https://www.nhs.uk/conditions/nhs-fitness-studio/>



# LIST OF RESOURCES

BEAT Eating Disorders Momentum Programme for Binge Eating Support

<https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/momentum/>

Overeaters Anonymous (a community of people who support each other in order to recover from compulsive eating and food behaviours)

<https://www.oagb.org.uk/>

British Dietetic Association Food and Mood Fact Sheet

<https://www.bda.uk.com/resource/food-facts-food-and-mood.html>

Silvercloud (on demand digital mental health programmes)

<https://www.silvercloudhealth.com/uk/programmes/digital-mental-health-and-wellbeing-programmes>

Daylight (digital programme to treat anxiety)

<https://www.silvercloudhealth.com/uk/programmes/digital-mental-health-and-wellbeing-programmes>

Living Life to the Full (Free online courses covering low mood, stress and resiliency)

<https://nhsforthvalley.com/health-services/az-of-services/mental-health-wellbeing/online-cognitive-behavioral-therapy/>

Steps on Stress (free sessions to teach you how to manage your stress better)

[https://nhsforthvalley.com/wp-content/uploads/2021/08/step\\_on\\_stress\\_flyer2021-22.pdf](https://nhsforthvalley.com/wp-content/uploads/2021/08/step_on_stress_flyer2021-22.pdf)

IESO (free, one to one therapy for depression and anxiety, though online typed conversation in a secure virtual therapy room)

<https://www.iesohealth.com/>

British Dietetic Association Depression and Diet Food Fact Sheet

<https://www.bda.uk.com/resource/depression-diet.html>

Sleepio (a six week digital programme available free on NHS for sleep problems)

<https://onboarding.sleepio.com/sleepio/nhs/391#1/1>

NHS Sleep Problems

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>



# LIST OF RESOURCES

Nutracheck Food Diary App

<https://www.nutracheck.co.uk/Home>

Carbs & Cals Portion Size Guide

<https://carbsandcals.com/>

Atoms Habit Tracking App

<https://atoms.jamesclear.com/>

Ask PCOS App and Website for polycystic ovary syndrome

<https://www.askpcos.org/>

Balance Website and App for menopause

<https://www.balance-menopause.com/>

Women's Health and Diet Food Fact Sheets

<https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html?sortBy=featured&topics=menopause,polycystic-ovary-syndrome,women-s-health>

NHS 12 Week Weight Loss Programme

<https://www.nhsinform.scot/healthy-living/12-week-weight-management-programme/>

Counterweight

<https://www.counterweight.org/>

Second Nature

<https://www.secondnature.io/>

Oviva

<https://oviva.com/uk/en/>

Weight Watchers

<https://www.weightwatchers.com/uk/>

Slimming World

<https://www.slimmingworld.co.uk/>

Noom

<https://www.noom.com/>





# LIST OF RESOURCES

NHS Forth Valley Self-Help Leaflets

<https://www.selfhelpguides.nth.nhs.uk/forthvalley/SelfHelp>

British Heart Foundation

<https://www.bhf.org.uk/>

Diabetes UK

<https://www.diabetes.org.uk/>

NHS Forth Valley Diabetes Education

<https://nhsforthvalley.com/health-services/az-of-services/diabetes/eating-drinking/>

British Dietetic Food Fact Sheets

<https://www.bda.uk.com/food-health/food-facts.html>

Patient Webinars on Different Conditions

<https://patientwebinars.co.uk/>