

Top tips for weight loss

Caution with your portions

- Try reducing the size of your plate and ensure half the plate is filled with vegetables or salad. (Use the plate below as a guide)
- Do not heap food on your plate.
- Try cooking 1 tablespoon less pasta or rice; or serving 1 tablespoon less cereal to reduce portions.
- Avoid having second helpings.



Do not forget your 5 a day

- Aim for two portions of fruit per day and at **least** three portions of vegetables or salad.
A portion is 80g or the amount that roughly fits into the palm of your hand.
- Limit dried fruit as it is high in natural sugars. A portion is 30g (1 tablespoon).
- Limit unsweetened fruit juice and fruit smoothies to one glass 150ml a day. This counts as one portion of fruit per day.

Cut back on your fat intake

- Fat has the highest calories per gram. Reducing fat will reduce calories.
- Try using reduced fat foods e.g. skimmed milk; reduced fat cheese, low fat spreads or fat free yogurts.
- Reduce use of oils and spreads. Spread thinly and scrape off and use minimum fats in cooking. Try a one calorie spray oil and avoid fried foods.
- Buy lean meats and remove skin from poultry.



Snacking

Ask yourself do you really need the snack? Remember every snack contains calories

If you do snack, try not to have more than 2 snacks of ~ 50-100 calories, per day.

- Choose a healthy option such as 1 piece of fresh fruit or a fat free yogurt instead of chocolate or crisps.
- If you are having a meal in the next hour, try to wait and have a glass of water or low calorie drink instead.

For more information on ideas for 50 -100 calorie snacks, contact the Nutrition and Dietetic Service.

Think about what you drink

- Choose water or sugar-free squashes.
- Ask for skimmed milk in coffee or choose skinny coffee.
- Alcohol is high in calories; limit to no more than 14 units per week. Try having alcohol free days every week.

A large glass wine is 3.3 units and equal in calories to a mini pork pie. One pint of lager, beer or cider is 2.8 units and equal to eating a sugary doughnut.

Focus on your food

- Be mindful. Slow down your rate of eating; try putting your food or cutlery down between each mouthful.
- Try not to eat on the go or while watching television.
- Eat at a table if possible.
- Keep to a good meal routine, aim to eat three times a day and avoid skipping meals.

Learn the labels

- Look carefully at food labels and choose items that are low in fat (less than 3g total fat per 100g) and low in sugar (less than 5g sugar per 100g).
- Remember to look at the portion size of the food you are going to eat.

Up on your feet

- Break up your sitting time. Try to move every hour.
- Aim to include 150 minutes of moderate or 75 minutes of vigorous physical activity to your week.
- Aim to walk 10,000 steps each day. This is about 60-90 mins moderate activity.
- Use a pedometer to help count the steps.

Contact details: **Nutrition and Dietetic Services**
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PALS@nhs.net or telephone 01225 825656.