

10 tips for a healthy weight

- 1 Reduce the amount you eat when not hungry.** Check with your body before you eat to see if you are really hungry or not. Don't eat just for 'emotional' reasons.
- 2 Think about how much you put on your plate.** Cutting down the size of each portion of your meal will help you maintain a healthy weight.
- 3 Plan your meals and snacks.** If you leave decisions about food until the last minute, there's more risk you will eat 'fast food' that is often high in fat and sugar.
- 4 Eat slowly and enjoy your food.** This makes food more satisfying and filling, so you will tend to eat less.
- 5 Plan some physical activity for most days of the week.** Aim for at least 30 minutes of moderate activity each day. This will also help your heart, sleeping and stress.
- 6 Look for extra ways to move your body.** Every bit counts, so don't be afraid to do things the long way. Hide the TV remote controls, walk instead of taking a bus.
- 7 Fine tune the fat content of your diet.** Use low-fat dairy products and lean cuts of meat, reduce butter on bread, limit takeaways. Grill, microwave or bake food rather than frying.
- 8 Sip on thirst quenching water, plain mineral or soda water.** Rather than soft drinks, cordial and fruit juice.
- 9 Monitor your alcohol intake.** Alcohol contains calories. Have a non-alcoholic drink between alcoholic ones, try light beer or diet mixers, and avoid becoming involved in 'shouts'.
- 10 Remember that a 'slip up' doesn't mean failure!** If things don't seem to be going well, don't give up! Learn from the experience, and start planning for the future.

Healthy, Filling Foods

Vegetables, fruit, bread, breakfast cereal, pasta, noodles, legumes (eg peas, chickpeas, lentils)

Food to Eat in Small Amounts

Meat (fat trimmed), chicken, fish, cheese, milk, yoghurt, nuts

Food to Eat Least

Biscuits, cakes, ice cream, pastries, chocolate, chips, pies, sausage rolls, sweets, butter, oils, sugar

Drink Plenty

Water (tap water, plain mineral water, soda water)

Drink in small Amounts

Fruit juice (no added sugar), tea, coffee, 'diet' soft drinks

Drink Least

Alcohol (wine, beer, spirits), soft drinks, hot chocolate and other chocolate drinks