

South Warwickshire



NHS Foundation Trust

Warwickshire Dietetic Service

Help with losing weight

This information is intended for people who are overweight and are aiming to change their lifestyle and diet in order to lose weight.

This leaflet can be given out by Dietitians, GPs, Practice Nurses, Specialist Nurses and other health professionals.

The key to successful weight loss is to identify changes that can be made to decrease the calories you eat and increase the calories you use up by being more active.

These changes need to be practical as you might need to keep to them for a long time. Make two or three changes first and see how your weight changes. If you do not lose weight, you will need to decide what else you can change.

It helps if you have someone who can help and encourage you. If you need more help and support, your GP can refer you to Fitter Futures.

To check what would be a healthy weight for you, use the NHS Body Mass Index calculator:

<http://www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx>

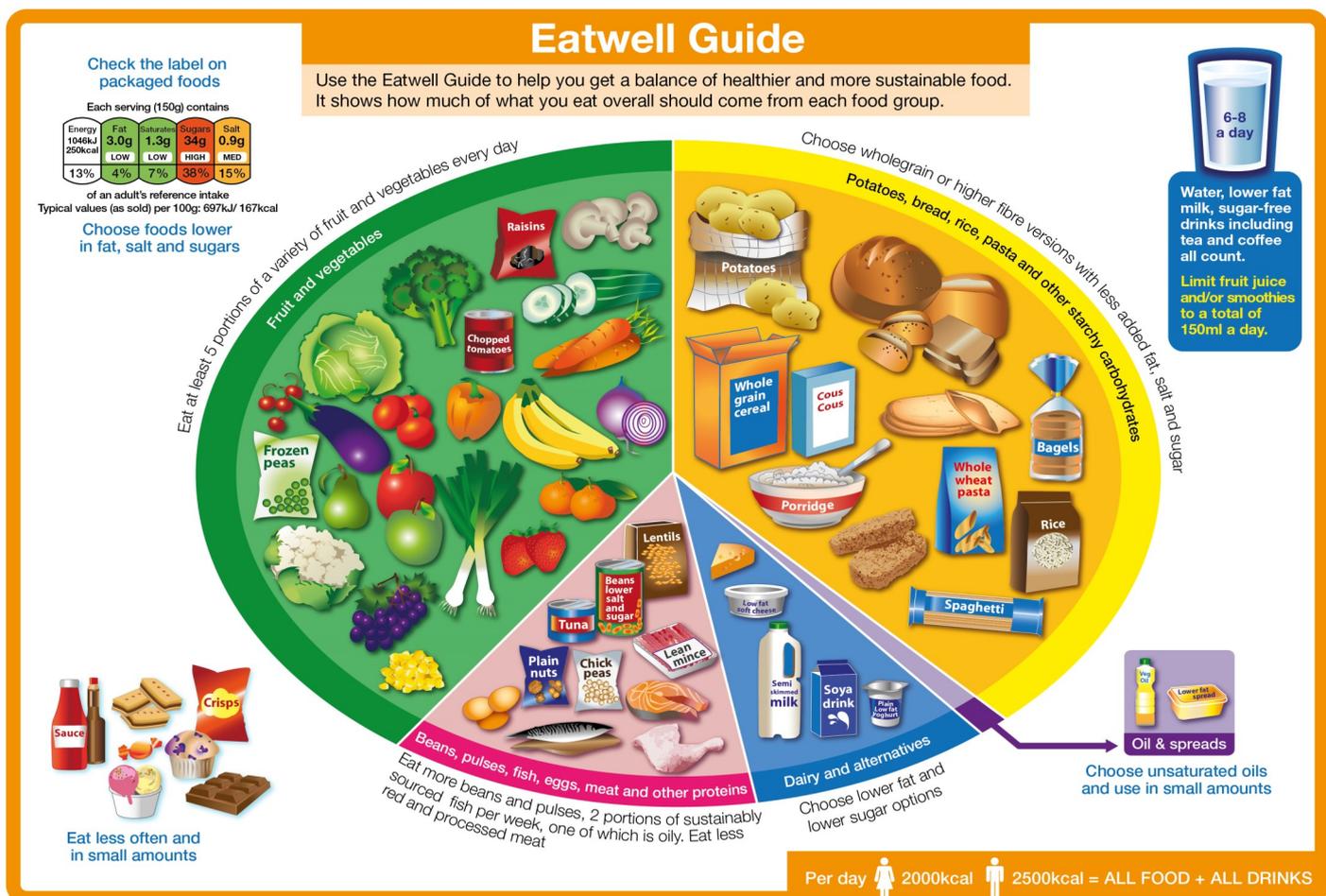
Help with losing weight

Before you start making changes to your diet, keep a record of what you eat. Be honest and record everything you eat and drink for 3 days. Then compare what you have eaten with the Eatwell Guide on the next page and identify some changes you could make.

	Day 1	Day 2	Day 3
	Date.....	Date.....	Date.....
Time	Food & Quantity	Food & Quantity	Food & Quantity
Before Breakfast			
Breakfast			
Mid a.m.			
Lunch			
Mid p.m.			
Evening Meal			
Supper			
Extras			

What should I eat?

It is important to eat the right foods in the correct amounts for a **well-balanced, healthy diet**. Our diets are made up of 5 food groups as shown in the picture below. The picture also shows the proportions we should eat of each of the five food groups.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Making changes

Here are some tips for making changes.

- At a meal, aim to fill half your plate with vegetables. Starchy carbohydrates should fill a quarter of your plate and protein another quarter.
- Think about your portion sizes. If you always finish what is on your plate, put a little less on.
- Wholegrain starchy foods are more filling than refined white ones.
- Choose low fat milk and dairy foods and replace meat with beans, lentils, fish and poultry.
- Cut out snacks.
- If you feel hungry, have a calorie free drink instead.
- Record the changes you want to try on page 5.

Being more active

Adults should aim to be active daily. Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Always consult your GP before you start an exercise regime.

- Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
- For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or combinations of moderate and vigorous intensity activity.
- Adults should also undertake physical activity to improve muscle strength on at least two days a week.
- All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.
- Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week.

Moderate intensity physical activities will cause adults to get warmer and breathe harder and their hearts to beat faster, but they should still be able to carry on a conversation. Examples include brisk walking or cycling.

Vigorous intensity physical activities will cause adults to get warmer and breathe much harder and their hearts to beat rapidly, making it more difficult to carry on a conversation. Examples include running or sports such as swimming or football.

Physical activities that strengthen muscles involve using body weight or working against a resistance. This should involve using all the major muscle groups. Examples include exercising with weights or carrying or moving heavy loads such as groceries.

Record the ways you plan to be more active on page 5.

Monitoring your progress

- Weigh yourself once a week, preferably on the same scales and at the same time of day. Keep a record of your weight changes.
- Set yourself a target. This could be losing 0.5kg (1 pound) a week or to lose 5—10% of your body weight over the next 3 months.
 - If you weigh 80 kg, you will need to lose between 4 and 8kg.
 - If you weigh 16 stone you will need to lose between 11 pounds and 1 ½ stone.
- If you do not lose weight in a 2 week period, check that you are keeping to your diet and activity plan as you may need to make further changes.

What changes am I going to try?

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My weight loss target:

Short-term: Long-term:

Date	Weight	Date	Weight

Equality Statement

At South Warwickshire NHS Foundation Trust we are fully committed to equality and diversity, both as an employer and as a service provider. We have a policy statement in our Equality Strategy that clearly outlines our commitment to equality for service users, patients and staff:

You and your family have the right to be treated fairly and be routinely involved in decisions about your treatment and care. You can expect to be treated with dignity and respect. You will not be discriminated against on any grounds including age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex or sexual orientation.

You have a responsibility to treat other service users, patients and our staff with dignity and respect.

Our information for patients can also be made available in other languages, Braille, audio tape, disc or in large print.

PALS

We offer a Patient Advice Liaison Service (PALS). This is a confidential service for families to help with any questions or concerns about local health services.

You can contact the service by the direct telephone line on 01926 600 054 by email:

Pals@swft.nhs.uk or by calling in person to the PALS Office which is located in the Lakin Road Entrance to the hospital.

If you have any queries about your diet, please contact us on 01926 600818, selecting option 3

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