

Healthy Eating for a Healthy Weight

- To lose weight your energy intake must be less than your energy output. By decreasing what you eat and increasing your activity levels you will be able to decrease your weight.
- Eat regularly. Having three balanced meals and not snacking in between can make all the difference.
- Breakfast is a particularly important meal to include as it gets your body's metabolism working optimally.
- Base your meals on starchy foods. High fibre versions such as wholemeal bread and whole-grain cereals will help fill you up.



The Balance of Good Health



- Regular activity or exercise helps burn up energy, as well as making you feel fitter and more motivated to follow a healthier lifestyle.
- Aim for at least FIVE portions of fruit and vegetables every day. Include some at every mealtime and as a snack if hungry between meals.
- Avoid having tempting foods around you whether it be at home, work or play. This will put less strain on your willpower.
- Fat – gram for gram fat is the most calorific food so cut down wherever possible. This may mean using less, changing cooking methods or eating lower fat alternatives.
- Have small portions of protein foods and choose lower fat varieties. For example lean meats, chicken with skin removed, low fat cheese, etc.
- Don't think of yourself as being on a diet, eating more healthily is a change for life unless you want all the weight you have lost to return just as quickly!
- Eat fewer sugary foods and drinks such as chocolate, biscuits, sweets, cakes and fizzy drinks. Try using the artificial sweeteners in place of sugar.
- Alcohol is high in calories so try to limit your intake.

