

These helpful tips can help you to lose weight

Eat plenty of fibre-rich foods such as oats, beans, peas, lentils, grains, seeds, fruit and vegetables, as well as wholegrain bread, and



Eat breakfast



Drink plenty of water

Eat as little as possible of:
fried foods
drinks and confectionery high in added sugars
other food and drinks high in fat and sugar

Eat at least five portions of a variety of fruit and vegetables each day, in place of foods higher in fat and calories



Eat a low-fat diet and avoid increasing your fat and calorie intake

Learn some low fat cooking skills

Grill, bake, poach or steam foods instead of frying.



If you must fry, use the minimum of oil

Trim the fat and skin off meat before cooking or eating



Use non-stick pans and woks as these only need the very minimum of oil, or no oil at all



Eating Healthily



for Weight Loss



National Institute for Health Research

Helpmedoit! Healthy eating and lifestyle leaflet V1.0/2010/15

Evidence suggests that eating a **sensible** diet that is

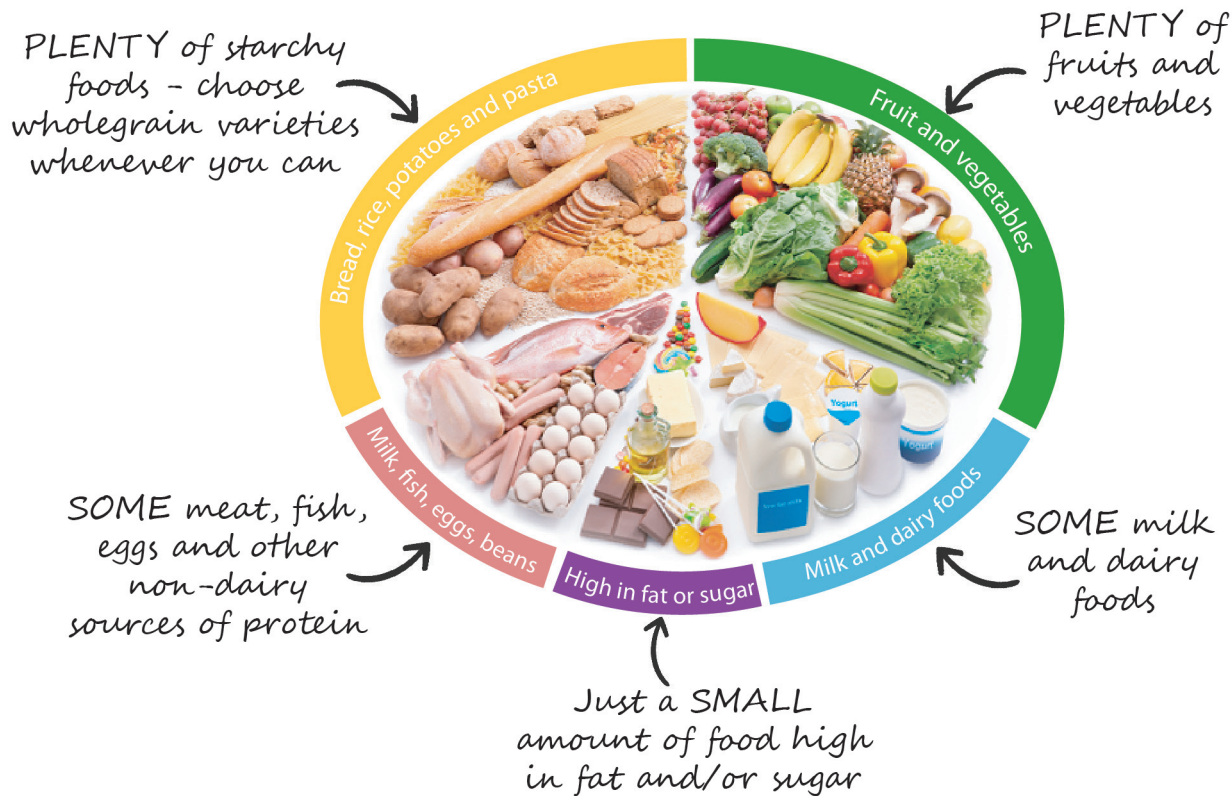
high in fibre **AND** **low in fat** can help you **lose weight**



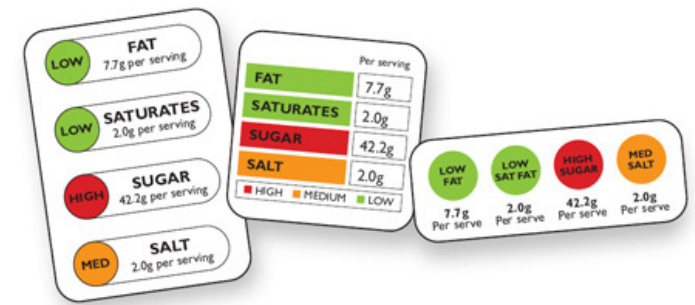
Reading food labels is an excellent way of finding out which foods are high in fibre and low in fat.



Base your meals on the eatwell plate



A LOT	A LITTLE
10g of added sugars	2g of added sugars
20g of fat	3g of fat
5g of saturates	1g saturates
3g of fibre	0.5g of fibre
1.25g of salt	0.25g of salt
0.5g of sodium	0.1g of sodium



Take note of the traffic light approach to food labelling, and go green as much as possible.