

10 TOP TIPS FOR A HEALTHY WEIGHT



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1

KEEP TO YOUR MEAL ROUTINE

Try to eat at roughly the same times each day, whether this is 2 or 5 times a day. This will help you avoid unplanned meals and snacks which are often high in calories.

Handy hints:

- ✔ pick a pattern that fits your daily routine and stick to it
- ✔ if you tend to snack, try to snack around the same time each day
- ✔ plan when you intend to eat and check at the end of the day if you have achieved this.

2

GO REDUCED FAT

Choose reduced fat versions of foods such as dairy products, spreads and salad dressings. Use them sparingly as some can still be high in fat.

Handy hint:

- ✔ change to semi-skimmed milk and save 60 calories a day (based on consuming 300mls of milk a day).

3 WALK OFF THE WEIGHT

Walk 10,000 steps (equivalent to 60–90 minutes moderate activity) each day. Try using a pedometer to help count the steps. You can break up your walking throughout the day.

Handy hints:

- ✓ 5,000 extra steps a day (40 mins walking at a brisk pace) will burn around 1,240 calories over a week
- ✓ take the stairs rather than the lift.

4 PACK A HEALTHY SNACK

If you snack, choose a healthy option such as fresh fruit or low calorie yoghurts instead of chocolate or crisps.

Handy hints:

- ✓ have a banana instead of a standard-size chocolate bar (46g) and save around 150 calories
- ✓ take a piece of fruit to work with you
- ✓ choose yoghurts with less than 100 calories per pot. The calcium will also help keep your bones healthy.

5 LOOK AT THE LABELS

Be careful about food claims. Check the fat and sugar content on food labels when shopping and preparing food.

Handy hints:

- ✓ a low fat digestive biscuit has the same number of calories as a standard digestive biscuit at 70 calories
- ✓ use the shopping guide in this leaflet to help you make healthy choices.

6 CAUTION WITH YOUR PORTIONS

Don't heap food on your plate (except vegetables). Think twice before having second helpings.

Handy hints:

- ✓ cook smaller quantities and eat off a smaller plate
- ✓ put away left-overs as soon as you've served.

7 UP ON YOUR FEET

Breaking up your sitting time has many benefits beyond just weight loss.

Handy hints:

- ✓ try standing rather than sitting for a bus or train journey
- ✓ when watching TV try to stand up during the ad breaks and do a few chores (e.g. wash the dishes or put the rubbish out).

8 THINK ABOUT YOUR DRINKS

Choose water or sugar-free squashes. Unsweetened fruit juice is high in natural sugar so limit it to one glass per day (200ml or 1/3 pint). Alcohol is high in calories so limit the amount you drink.

Handy hint:

- ✓ a pint of ordinary strength beer (3–4%) has 2 units of alcohol and 182 calories.

9 FOCUS ON YOUR FOOD

Slow down. Don't eat on the go or while watching TV. Eat at a table if possible.

Handy hints:

- ✓ eating meals at the table will help you focus on the amount of food you eat
- ✓ don't eat while walking, wait until you get there.

10 DON'T FORGET YOUR 5-A-DAY

Eat at least 5 portions of fruit and vegetables a day, whether fresh, frozen or tinned (400g in total).

Handy hints:

- ✓ a medium sized apple or banana or 3 heaped tablespoons of peas is 1 portion
- ✓ try having fruit or vegetables with every meal, this makes it easier to reach 5 a day.

Does being overweight matter?

Being overweight affects your health. It increases the risk of many types of cancer. It also increases the risk of diabetes, high blood pressure, coronary heart disease, osteoarthritis and stroke.

We know how difficult it can be to lose weight and keep it off. The good news is that if you are overweight, losing just 5–10% of your body weight and keeping it off will have a positive effect on your health. For most people this will be around 3–10kg or ½–1 ½ stone.

(If you are seriously overweight and have other health problems, it may be advisable to seek advice from your doctor before beginning a weight management programme.)

Shopping Guide

Check how much fat, sugar and salt is in your food

The following information provides you with some simple advice for understanding food labels. Remember that the amount you eat of a particular food affects how much sugar, fat, saturated fat and salt you will get from it.

| Per 100g | Sugars | Fat | Saturated Fat | Salt |
|-----------------|--------------|--------------|----------------|----------------|
| What is high? | over 22.5 | over 17.5g | over 5g | over 1.5g |
| What is medium? | 5-22.5g | 3-17.5g | 1.5-5g | 0.3-1.5g |
| What is low? | 5g and below | 3g and below | 1.5g and below | 0.3g and below |

Based on information supplied by the Food Standards Agency

10 Top Tips

These 10 simple weight loss tips will help you to take in fewer calories and burn more energy through activity. They have been based on scientific evidence and can help you build healthy habits that are easy to practice every day.

To develop new healthy habits you need to:

- **Plan ahead:** Think about how you will fit the tips into your daily routine.
- **Keep going:** Do as many of the tips as you can each day. For each tip, doing it at a similar point each day will make it easier to turn the tip into a habit.
- **Track your progress:** Record-keeping increases success in developing healthy habits.

For more information

For more about healthy choices that could reduce your risk of cancer visit www.cruk.org/health

To find out about cancer visit www.cruk.org/about-cancer

Order our leaflets free online at www.cruk.org/leaflets

For more about obesity, weight loss or the UK charity Weight Concern visit www.weightconcern.org.uk

About Cancer Research UK

We pioneer life saving research to bring forward the day when all cancers are cured. If you want to join the fight call **0300 123 1861** or visit our website www.cruk.org

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