

10 top tips for a healthy weight

Being a healthy weight has loads of benefits, and an important one is reducing the risk of cancer.

Eating healthier foods, the right portion size and being more active can help you be a healthy weight.

We know that this can be tough. These 10 tips to lose weight healthily can help you make healthy habits that are easy to stick to every day.

How to make changes stick.

- **Plan ahead:** Think about how you'll fit changes into your daily routine. Doing each one at a similar time every day will help form a habit.
- **Set yourself goals:** Working towards a goal can be motivating.
- **Be realistic:** Try focusing on just one or two changes at a time.
- **Track your progress:** Keeping a record will help make your changes stick.

01. Keep to your meal routine

Eating at roughly the same times each day helps avoid unplanned meals and snacks. Pick an eating pattern to fit your daily routine.

02. Cut down on calories

Foods high in fat and calories like takeaways, some processed meats (like bacon), butter and sugary food can

make you put on weight.

Swap your fats

Choose reduced-fat dairy products and leaner meats, and healthy fats from nuts and oily fish.

Small changes add up to make a big difference.

03. Walk off the weight

Challenge yourself to 10,000 steps each day. It might sound a lot but set small increases and you'll soon up your steps.

Step up: taking the stairs, walking around the room during TV ad breaks, walking the dog and getting off one bus stop earlier all add up.

04. Pack a healthy snack

Having a healthy option ready can really help when you're feeling hungry.

Snack smarter: try packing fresh fruit, plain popcorn or a small handful of plain nuts.

05. Look at the labels

Food labels can help you compare packaged foods and pick options that are higher in fibre and lower in fat, salt and sugar.

Labels at a glance: try to pick options that have more green and amber, and less red on their food label. Find out more at www.nhs.uk/foodlabels

06. Keep moving

Sitting less has many health benefits beyond just weight loss.

Break up time spent sitting still: If you can, stand more anywhere, anytime – on the bus or train, during TV adverts, or while on the phone. You can also get active from a chair, check out **NHS sitting exercises**.

07. Caution with your portions

It's not just what you eat and drink, how much is important too.

Get a good balance by:

- **Filling half of your plate with vegetables and salad.** Veg like potatoes should be eaten in smaller amounts.
- **Filling a quarter with foods high in fibre,** such as wholegrains like whole wheat pasta, wholemeal bread or brown rice.
- **Filling a quarter with a healthy protein** like fish, chicken or pulses like beans and lentils.

08. Think about your drinks

We should aim to drink 6 to 8 glasses of fluid a day. Alcohol, fizzy drinks and energy drinks can be high in sugar and calories. Fruit juice is high in natural sugar, so stick to no more than one small glass a day.

Make water your first choice: if you fancy mixing it up, try adding sliced lemon to your water.

09. Focus on your food

It's easy to eat more if you're distracted. Try not to do something else at the same time as eating, like watching TV, working or walking.

Take your time: eating slowly can be a surprisingly effective way to eat less. Try this while sitting at a table.

10. Don't forget your 5 a Day

Having fruit or veg at every meal makes it easier to get at least five portions a day.

Top tip: Fruit, veg and pulses don't have to be fresh – frozen and tinned (not in syrup) are good for you too.

Around 4 in 10 cases of cancer in the UK could be prevented

That's why we're supporting people to reduce their cancer risk.

Our leaflets guide you through the changes you can make and are based on lots of quality research carried out over many years.

To find out if you're a healthy weight, visit www.nhs.uk/live-well/healthy-weight/

If you would like more support to reach a healthy weight, you can speak to your doctor, nurse or pharmacist who'll be able to help. They may also be able to refer you to a weight management service.

How to find out more:

Visit our website

You can find out more about eating and drinking healthily at cruk.org/diet and cruk.org/alcohol

If you're thinking about making changes to improve your health and reduce your cancer risk, find tips at www.cruk.org/health

Give us a call

Speak to a nurse for advice or support on our free Nurse Helpline. Just call **0808 800 4040**

If you have any questions about Cancer Research UK or would like to support our work, call **0300 123 1022**

Ref: RTR400 June 2023

Due for review by: June 2026

Registered Charity in England and Wales (1089464), Scotland (SC041666) the Isle of Man (1103) and Jersey (247).

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