



10 top tips for a healthy weight

Together we will beat cancer



10 top tips to lose weight

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

Keeping a healthy weight includes: eating healthier foods, not eating too much, and getting more active.

But in the world we live in that can be tough. These 10 weight loss tips are based on scientific evidence and can help you make healthy habits that are easy to stick to every day.

So, let's get going.

Make your changes stick



Plan ahead: Think about how you'll fit the tips into your daily routine. Doing each one at a similar time every day makes it easier to turn it into a habit.



Be realistic: The sooner you build the tips into your life, the quicker you'll start seeing changes. But it can be difficult to make lots of changes all at once. Try starting with one or two until you feel confident enough to move on to the others.



Track your progress: Whether it's using your phone, a calendar or a notebook, record-keeping helps make your changes stick.

1

Keep to your meal routine



Eating at roughly the same times each day, whether that's two or five times, helps avoid unplanned meals and snacks.



Plan to succeed

Pick an eating pattern to fit your daily routine - check in at the end of the day to see how you got on.

2

Cut down on calories



Foods high in fat and calories like takeaways, some processed meats (like bacon), butter and fried food can make you put on weight.



Swap to good fats

Choose reduced-fat dairy products and go for small amounts of healthy fats from plant oils (like olive or rapeseed), nuts and oily fish instead.

3

Walk off the weight



Challenge yourself to 10,000 steps each day. It might sound a lot but set smaller goals to get there and you'll soon up your steps. A pedometer (or smartphone app) can help you keep track.



Step up

Taking the stairs, walking round the room during ad breaks, walking to the shop and getting off one bus stop earlier all add up.

4

Pack a healthy snack



If you snack, having a healthy option on standby can really help when you're feeling hungry.



Snack smarter

Try packing fresh fruit, plain popcorn or a small handful of plain nuts.

5

Look at the labels



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



Labels at a glance

In a hurry? Look out for red, amber and green colour-codes on food labels. The more green you see on the label, the healthier it is. Find out more at www.nhs.uk/foodlabels

6

Up on your feet



Sitting less has many benefits beyond just weight loss.



Break up sitting time

Stand more anywhere, anytime - on the bus or train, during TV adverts, or while on the phone.

7

Caution with your portions

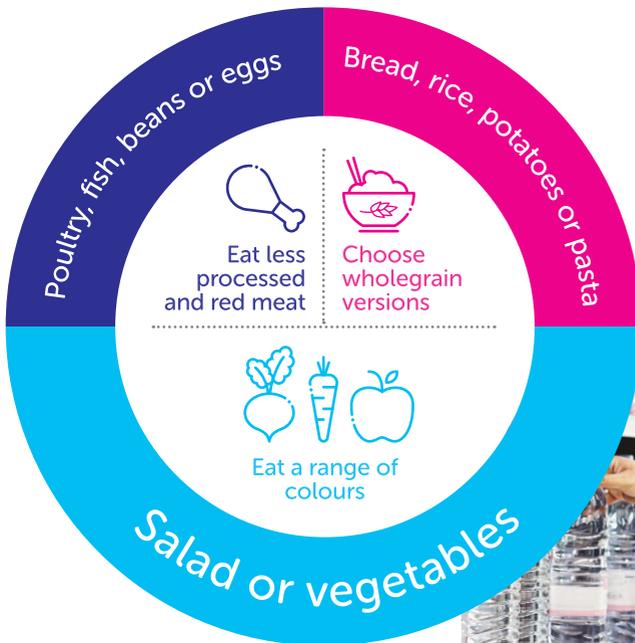


It's not just what you eat and drink, how much is important too. Try using the picture below to help you plan your meals. It can also help to eat off a smaller plate.



Get a good balance by:

- Filling half of your plate with colourful vegetables and salad. Vegetables like potatoes and yam should be eaten in smaller amounts.
- Filling a quarter with high-fibre wholegrain foods like whole wheat pasta or brown rice.
- Filling a quarter with a healthy protein like unprocessed fish, fresh chicken or pulses like beans and lentils.



8

Think about your drinks



Alcohol, fizzy drinks and energy drinks can be high in sugar and calories. And fruit juice is high in natural sugar, so stick to no more than one small glass a day.



Make water your first choice

And if you fancy mixing it up, try adding sliced lemon to your water or sugar-free squash.

9

Focus on your food



It's easy to eat more if you're on the go, watching TV or working.



Take your time

Eating slowly can be a surprisingly effective way to eat less

10

Don't forget your five-a-day



Having fruit or veg at every meal makes it easier to get at least 5-a-day.



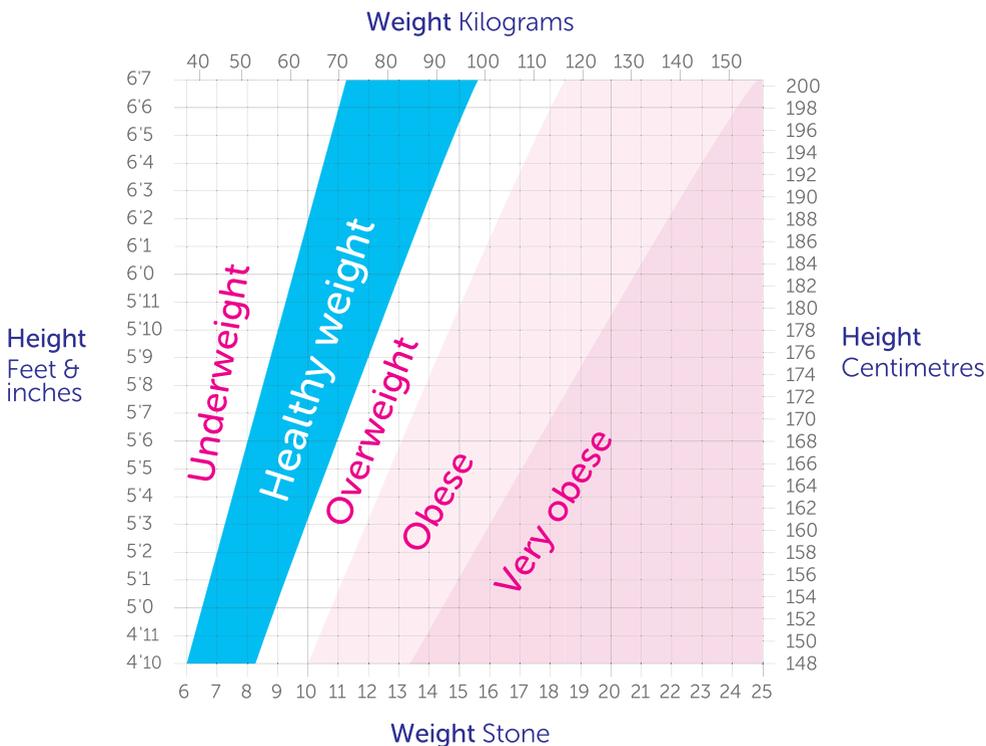
Freezing is pleasing

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

Am I a healthy weight?

The Body Mass Index (BMI) is a simple tool to work out the healthy weight for an adult, based on how tall they are.

Find out what your BMI is by finding your height and weight on the chart below.



BMI is a useful guide for most people but isn't accurate for bodybuilders or professional athletes. And if you're under 18, you'll need to use a different kind of BMI measurement – speak to your doctor or nurse to find out more about this.

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

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

So we're supporting people to reduce their cancer risk

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to www.cruk.org/leaflets

How to find out more



We're online...

You can find out more about keeping a healthy weight at www.cruk.org/weight

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



...and on the phone

Our Nurse Helpline is there if you're looking for any advice or support. Just call **0808 800 4040**

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**

