

Queen Mary's Hospital: Department of Nutrition and Dietetics

HEALTHY EATING AND WEIGHT REDUCTION

If you follow a Healthy Eating Diet you should not only lose some weight, but you will be fitter and healthier because you are "servicing" your body with all the right vitamins and minerals.

Aim to:

1. Cut down on fats -

Fats and oils are the most concentrated source of energy. Cut down on fat calories by using half fat milk and low fat spread, or sometimes none at all. You can use spread on only one side of a sandwich or take baked beans or sardines on plain toast.

Avoid hidden fats in cheese, pastry, biscuits, ice cream etc. Plain meat and fish are better than those coated in crumbs and batter. Check carefully on "lower fat foods", e.g. crisps and biscuits - they are not necessarily low calorie.

2. Cut down on sugar -

Sugar has less calories per ounce than fat, but the two often go together in foods like biscuits, chocolate, ice cream. Artificial sweeteners and low calorie/low sugar drinks are useful if you have a sweet tooth.

3. Aim for three small meals a day at regular times -

A low sugar cereal breakfast is important. Do not go all day without food and fill up in the evening.

4. Plan your meals -

Always include some raw or cooked vegetables (tomatoes, broccoli), then add some bread or potato, rice or pasta and finally choose some plain meat (chicken, beef casserole, cold ham) or fish (tinned pilchards or boil in the bag frozen). Finish off with some fruit or a diet yoghurt. Keep puddings for special occasions.

5. Tackle "hunger" by taking drinks (hot or cold) -

Try some new ones - herbal teas or hot low calorie squash.

6. If you need to use convenience foods, choose low calorie lines (NOT quiches, pies and lasagnes) and add extra vegetables or salad.

7. Remember, alcohol is fattening. Limit your intake to special occasions. Use slimline mixers and avoid high alcohol/low sugar beers.

8. Read labels on food packets and compare energy and fat content of e.g. yoghurts.

Low fat IS NOT ALWAYS lower in calories.

9. Exercise - this helps to build muscle instead of fat and boosts the rate at which you use up the energy in food.

10. If you can't already - learn to cook and borrow or buy a good healthy eating recipe book.

This diet sheet has been designed to improve your health. If you have any further problems please ask your GP or Consultant to refer you to a dietitian