**First-line Healthy Eating Advice**

**Preventing Overweight and Obesity**

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|  | **Overweight and obesity** can be related to mood changes, antipsychotic prescription, high calorie menu options, sugary drinks, limited opportunities to prepare meals independently, and self-neglect.  |
|  | Being overweight and obese can have **serious negative impacts**, causing respiratory compromise, diabetes risk, high blood pressure and premature death in extreme cases. |
|  | A **balanced diet which limits energy-dense options** can reduce the risk of obesity, and in some instances, reverse the effects of metabolic disease.  |

**Healthy Eating Tips**

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|  | **Choose 100kcal snacks**Low calorie snacks are based on 1 piece of fruit, handfuls of vegetables. Try to cut out snacks where possible, and avoid sugary confectionary |
|  | **Reduce portion size**Try to only have 1 fistful of carbohydrate per meal (eg 1 jacket potato, 1 ladle of rice/pasta), and avoid second helpings |
|  | **Remove fat from meat and fish**Choose lean cuts of meat, remove fat from meat (the white part), remove skin from chicken and fish  |
|  | **Avoid fried and fatty food**Cook with 1 tsp oil, spread thinly with butter, remove batter from fish, drain oil with a paper towel |
|  | **Cut out fizzy drinks** Replace with flavoured water or no-added-sugar squash |
|  | **Choose low-fat dairy options**Check the label, try alternative milks which are fortified with calcium, choose red-top milk, 0% yoghurt, soft spreadable cheese rather than hard cheese, avoid milky drinks with added sugar or syrup |
|  | **Avoid added sugar and condiments**Choose sweetener, avoid salad dressing, avoid mayonnaise and ketchup |

**Healthy Eating Environment**

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|  | **Keep Physical**Aim for 30 minutes of exercise every day such as walking and record achievements.  |
|  | **Use small bowls or plates**For main meals, use a small bowl so that the portion looks bigger, don’t overfill the bowl |
| [ELFT Nutrition Screening Tool.docx](https://nhs.sharepoint.com/%3Aw%3A/s/msteams_24da0a/EeAQdBEu_I1MhLCdS65CizQBWRHTgDnpDN3TfJKegMKGAQ?e=4nczzx) | **Regular monitoring**Record food charts daily, and weight weekly  |
|  | **Drink lots of water with meals**It can help to fill-up on water rather and reduce portion sizes |
|  | **Protected Mealtimes** Ensure that there is guaranteed time to eat meals without interruption, and really enjoy it. Avoid having snacks outside of mealtimes.  |

**If you have queries about nutrition, please contact an ELFT dietitian**