**Healthy Eating for a Healthy Weight**

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|  | **What are Overweight and Obesity?**  Raised body fat above the healthy range indicates overweight. In more severe cases, obesity is having lots of excess fat.  It is helpful to aim for a healthy body mass index (BMI) of less than 25 for the general population, and 23.5 for ethnic minority groups. |
|  | Being overweight or obese poses risk of respiratory problems, joint pain, diabetes, high blood pressure and low mood. |
|  | There are many causes of overweight and obesity, including:   * mental illness and medications * eating high calorie (high fat or high sugar) foods and drinks * sitting down for long periods of time * boredom and lack of routine * ready availability of high calorie foods |
|  | **Top Tips for a Healthy Diet**  Follow the handsize portion guide which promotes a healthy balance of food groups. |
|  | Eat small portions by using small plates /bowls. Avoid second portions of starch (bread, potato, rice, dumpling, pasta). |
|  | Eat vegetables at every meal or snack. Vegetables are low in calories, high in fibre, and vitamins and minerals. |
|  | Avoid fried / oily foods such as take-away, puddings, cream and butter. Try grilled chicken / fish without skin or batter, and low-fat dairy. |
|  | Cook with maximum 1 tsp oil, spread butter thinly and drain oily foods with a paper towel, avoid salad dressing and mayonnaise. |
|  | Avoid sugary foods such as chocolate, cake, biscuits and puddings. Some cereals are high in sugar so choose plain varieties with fibre. |
|  | Avoid sugary / fizzy drinks, they have up to 6 sugar cubes per can!  Choose water as much as possible – there are no calories in water.  Add sweetener to tea instead of sugar, and add fruit to water. |
|  | Aim for 30 minutes of activity every day such as walking or dancing. |
|  | Avoid snacks, and have a ‘protected mealtime’ without interruption which guarantees time to eat. Eat slowly and really enjoy the food. |
|  | Eat in an inviting space with preferred sound (music or silence), photos of relatives and friends, appropriate aroma (appetising food smells and away from toilets). |
|  | Start a food diary, and monitor weight each week. |

**Food Record Chart for Service User Completion**

