



Health and Wellbeing



Gosforth and Jesmond Health

Weight Management Resource Pack



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Goal setting

When you're looking to make a change, it is important to set effective goals to help you keep on track and give you direction.

A good framework you can use to achieve this is SMART goals:



Goals such as *"I want to lose weight"* might not be as effective in aiding your behaviour change.

A better way of setting this goal might be, *"I want to lose 3kg over the next 6 weeks"*.

It may help to ask yourself the following questions:

- How do I plan to achieve my goal?
- How will I know when I have achieved my goal?
- Is my goal something I can achieve in this time period?



The Eatwell Guide



The Eatwell Guide divides the foods and drinks we consume into five main groups.

Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy and work properly.

Fruit and Vegetables

At least 5 portions of a variety of fruit and vegetables a day- they should make up over a third of what we eat!

These can be fresh, frozen, tinned, dried or juiced.

An 80g serving counts as one portion of your 5 A Day (30g if dried)- this also equates to a large handful.

Carbohydrates

Starchy carbs refer to complex carbohydrates, examples of which are: Rice, pasta, potatoes, bread and oats.

You should aim for all of these to be wholegrain as they have more fibre and will keep you fuller for longer.

Proteins

Aim to include 2 portions a day and 2 portions of fish (1 of which oily) per week. These include meat, fish, eggs, beans, pulses, plant-based protein (e.g. Quorn) and nuts/seeds. Try to opt for lean cuts of meat, limiting red and processed meats like bacon, ham and sausages.

Dairy

Includes foods like: Milk, cheese, yogurt, fromage frais and dairy alternatives.

Fats

Try to get the fat in your diet from plants and fish such as nuts, oily fish and avocado.



Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

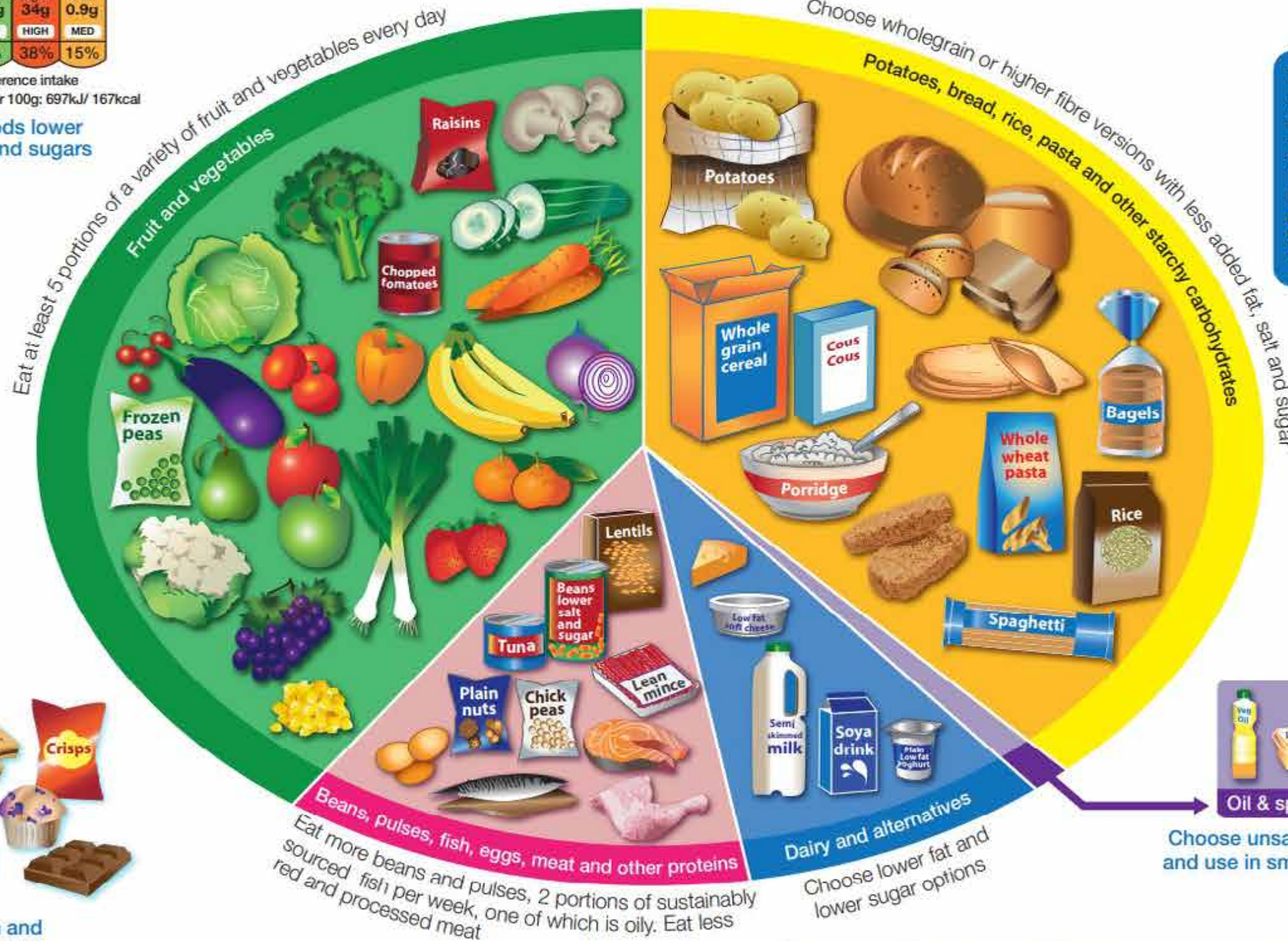
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

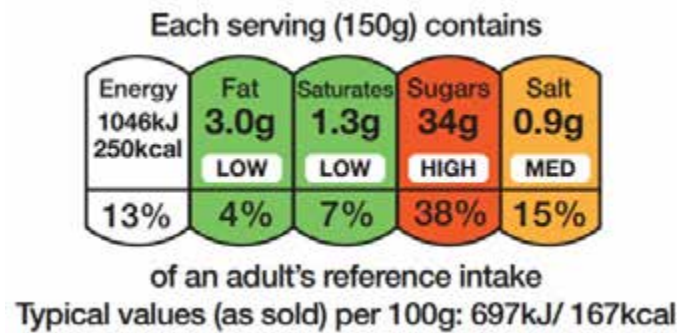
Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Food Labels

Some front-of-pack nutrition labels use red, amber and green colour coding to give more information about fat, saturated fat, sugars and salt.

This is known as the traffic light system and is a useful tool to quickly assess whether a product is a healthy choice.



- Red means **high**
- Amber means **medium**
- Green means **low**

Ideally you want the majority of your food choices to have all green labels as this suggests that it is healthy.

Amber means that it is an okay choice, the food is neither good nor bad. Amber don't necessarily need to be limited, but you may want to consider if there's a healthier option.

Red on the label means that the food item should be limited as much as possible, as it is likely to be very high in fat, saturates, sugar and salt.

Green - Go for it! 😊

Orange - Occasionally 😐

Red - Rarely 😞

Traffic Lights

Some labels may not have the traffic light system on them.

However, you can still quickly assess the nutritional information by having a look at the back.



PUT A TRAFFIC LIGHT ON EVERY FOOD LABEL

Traffic light labels on foods make it easier to choose healthy options.

Some supermarkets are using labels with % Guideline Daily Amounts (GDAs) instead.

To apply traffic lights to a product, look at the 'per 100g' information panel on the pack and use this grid to make a healthier choice.

All measures per 100g	Low – a healthier choice	Medium – ok most of the time	High – just occasionally
Sugars	5g or less	5.1g – 15g	More than 15g
Fat	3g or less	3.1g – 20g	More than 20g
Saturates	1.5g or less	1.6g – 5g	More than 5g
Salt	0.30g or less	0.31g – 1.5g	More than 1.5g

Understanding Food Labels

1. A description of the product.
2. Total weight of the product- this is important when checking the nutrition information as you can use it to calculate the values for the entire product.
3. A list of the ingredients in the product. These are listed in size order, so you know whichever ingredients come first are in large quantities in the product.
4. This is where most of the nutritional information can be found, and where you can use the food label decoder to help.

1. Chicken & Vegetable Broth
A soup made with vegetables, cooked chicken and pearl barley.

2. 600g e

3. Ingredients
Water, Carrot (10%), Onion, Chicken (6%), Potato (5%), Spinach (2%), Peas (2%), Cabbage (2%), **Celery** (2%), Chicken stock (chicken skin, water, chicken extract, chicken, sugar, salt, cornflour, chicken fat, onion concentrate), Potato starch, Pearl **barley**, Rapeseed oil, Garlic purée, Salt, Black pepper.

! ALLERGY ADVICE
For allergens, including cereals containing gluten, see ingredients in bold.

! Warning
Although every care has been taken to remove bones, some may remain.

4. Nutrition

Typical values (as consumed)	per 100g	per 1/2 pot (300g)	%RI	your RI*
Energy	167kJ 40kcal	501kJ 119kcal	6%	8400kJ 2000kcal
Fat	1.2g	3.6g	5%	70g
of which saturates	0.2g	0.6g	3%	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	4%	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	25%	6g

*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.

Be Portion Wise

Many of us are eating the right kinds of foods but are having too much or too little of the different groups.

Every day we should have the right number of portions from each food group, as you can see in the image below.

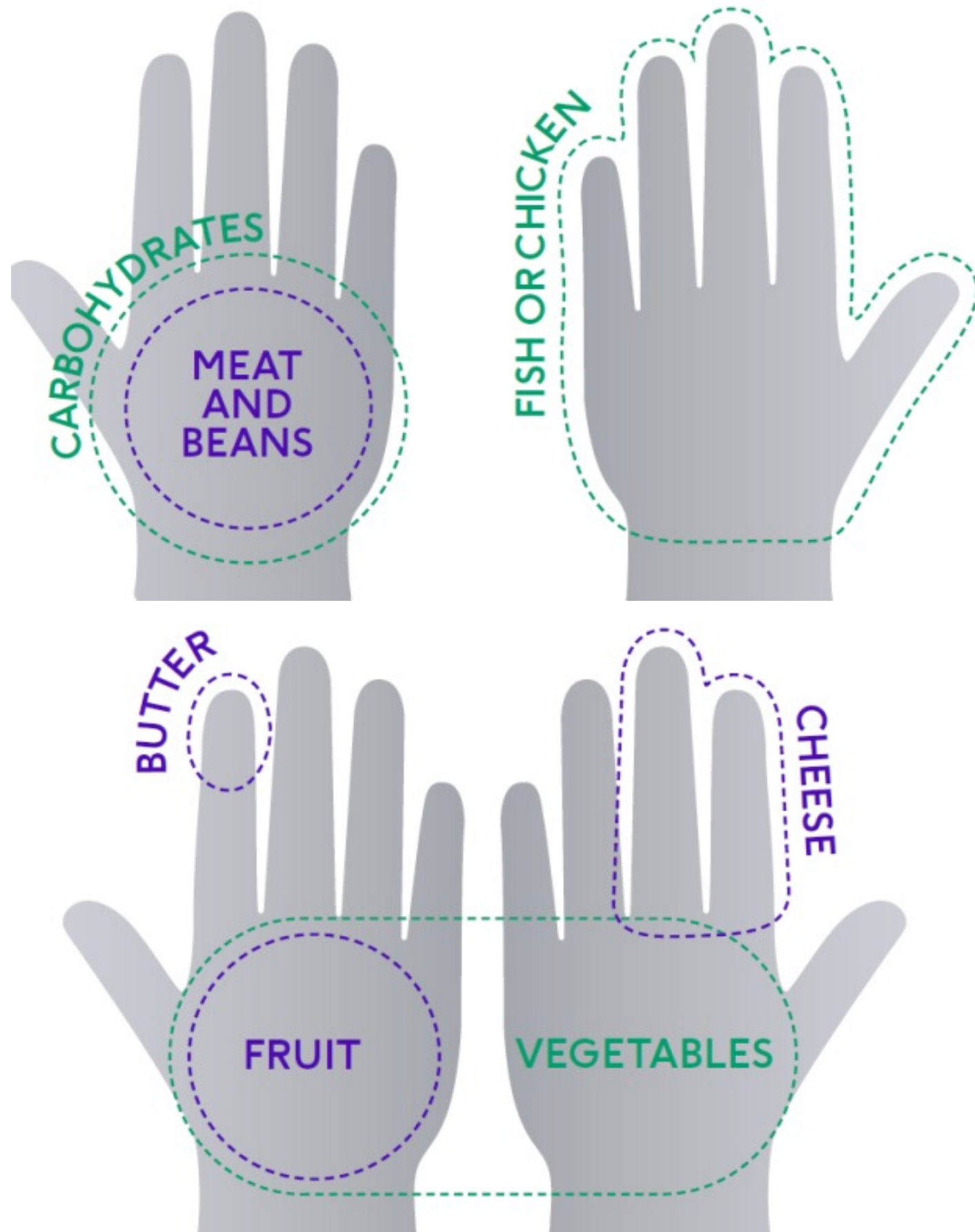


	Fruit and vegetables A variety of different types a day	5+
	Starchy carbohydrates Potatoes, bread, rice, pasta and others	3-4
	Protein foods Beans, pulses, fish, eggs, meat and others	2-3
	Dairy and alternatives Yogurt, cheese, milk and alternatives	2-3
	Unsaturated oils and spreads	Small Amounts

Tips

- Be mindful of how many of your portions are in one meal. E.g. having pasta and garlic bread.
- Try using a smaller plate if you're struggling to reduce your portions.
- Avoid picking at leftovers.
- If you're reducing your portion of protein, carbohydrate dairy or fat, try to add an extra portion of fruit or vegetables to make sure you're still having a full meal.

Easy Portion Guide



Calorie Counting



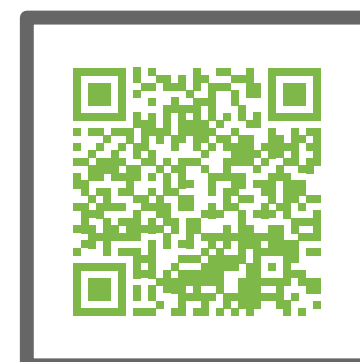
Counting calories can be a useful tool when trying to lose weight as weight loss depends on us burning more calories than we are consuming. However, it is often a tool that is used improperly or to an extreme that people can find unsustainable and struggle to stick to.

Evidence suggests that a calorie deficit of 600Kcals can be used as a way of losing weight.

It can be tempting to cut calories even further than that for faster results, but this is not recommended as it can be very restrictive and you're unlikely to successfully keep the weight off.

Things to consider:

- Calories do not measure nutritional value - something that is low in calories may not always be healthy as something high in calories isn't inherently unhealthy. An avocado may have more calories than a chocolate biscuit, but one is much healthier than the other.
- If you find counting calories to negatively effect your mental health or your attitude towards losing weight, it is not a necessary tool, and you can achieve weight loss through other methods (such as portion control).
- Make sure your eating pattern allows you to include foods from all the main food groups and is not so restrictive you have to miss out, or feel guilty about eating certain foods now and then.



SCAN ME

NHS Weight Loss Plan

If you were interested in calorie counting, the best app to use is the NHS Weight Loss Plan.

Download for free by going to nhs.uk/better-health/lose-weight or scanning the QR code.



Exercise



Recommendation:

150 minutes of moderate intensity workouts a week or 75 minutes of vigorous activity.

- Adults should aim to do a mixture of aerobic activities and strengthening activities.
- Spread exercise evenly over 4 to 5 days a week, or every day.
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

Examples

Moderate exercise could include: brisk walking, water aerobics, riding a bike, dancing, doubles tennis, pushing a lawn mower, hiking or rollerblading.

Vigorous exercise could include: running, swimming or sports (like football, rugby, netball and hockey), Aerobics, gymnastics, or martial arts.



Tips:

- Try to find the best exercise for you, you're more likely to stick to a routine if it's something that you enjoy.
- Track your progress! Whether that be steps, heart rate, or active minutes.
- For more tips and useful apps, scan the QR code or go to nhs.uk/better-health/get-active



SCAN ME



Gosforth and Jesmond Health

Alcohol

Guidelines:

No more than 14 units a week, ideally spread over 3 days.

There is no recommended amount of alcohol to consume, we should be very mindful of how much we consume and try to cut down where possible.

What is a unit?

A UK unit is 10ml of pure alcohol.

2.8 Units



Standard beer
Pint
(ABV 5%)

2.1 Units



Wine
Standard glass
(ABV 12%)

1.4 Units



Alcopop
Bottle
(ABV 5%)

1 Unit



Fortified Wine
Standard measure
(ABV 20%)

1 Unit



Spirit
Small measure
(ABV 40%)

Tips for Cutting Down:

- Let them know. If you let your friends and family know you are cutting down and it's important to you, you could get support from them.
- Take it a day at a time. Cut back a little each day. That way, every day you do is a success.
- Make it a smaller one. You can still enjoy a drink, but go for smaller sizes. Try bottled beer instead of pints, or a small glass of wine instead of a large one.
- Have a lower-strength drink. Cut down the alcohol by swapping strong beers or wines for ones with a lower strength (ABV in %). You'll find this information on the bottle.
- Stay hydrated. Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks.
- Take a break. Have several drink-free days each week.

Healthy Snacks

If you're going to have a snack it's important that it actually fills you up. If you just have a couple of biscuits you're likely to be hungry again later.

Foods that are high in fibre, protein or healthy fats are going to keep you fuller for longer; so it's important to include foods that are high in these elements in your snacks to stop you from reaching for something else.

Examples of high fibre food:

Fruits, vegetables, nuts, seeds, beans and legumes.

Fibre helps to keep us fuller for longer as it can delay stomach emptying, slow passage of food through the digestive system and absorb water which creates a feeling of fullness in our stomach.



Examples of high protein foods:

Meat, fish, eggs, dairy, beans and legumes.

Protein reduces the level of ghrelin (the hormone responsible for hunger) making you feel fuller faster.



Examples of high fat foods:

Oily fish (e.g. salmon and mackerel), nuts, seeds, avocado, eggs and chia seeds.

Fats are the last macronutrient to leave the digestive tract as they are take the longest to breakdown. Thus, maintaining satiation.



Eating Out

Do

- If you're getting pizza, try to get a thin crust and opt for vegetable toppings.
- Choose dishes with a tomato sauce over creamy or cheesy ones.
- Opt for a side salad or vegetables as opposed to chips.
- Choose fruit or sorbet-based puddings.
- Share sides/starters/desserts with friends.
- If choosing chips, have thick-cut chips as skinny / French fries absorb more fat.

Don't

- Don't restrict food intake prior to eating out, you're more likely to go overboard with your meal if you arrive at the restaurant very hungry- try to have a healthy snack prior to getting there.
- Try not to have full-sugar fizzy drinks, milkshakes or large milky coffees.
- Avoid large or supersize portions.
- Don't eat too fast!

Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snacks							
Drinks							

Useful Links and Resources

10 Principles of Intuitive Eating

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/weight/intuitive-eating/10-principles-of-intuitive-eating>

Quick and Healthy Recipes

<https://www.bbcgoodfood.com/recipes/collection/quick-and-healthy-recipes>

Healthy Snack Ideas

<https://www.nutrition.org.uk/media/jjfb3ifj/healthy-snacking-for-adults.pdf>

Tips on Portion Sizes

<https://www.nutrition.org.uk/media/csapwcse/457881-2.pdf>

Eating Seasonally

<https://www.bbcgoodfood.com/seasonal-calendar>

Mindful Eating

<https://www.hsph.harvard.edu/nutritionsource/mindful-eating/>

More Information on Food Labels

<https://www.nutrition.org.uk/media/ivypvcoi/looking-at-nutrition-labels.pdf>

Health and Wellbeing Coaches



Hannah Parks Health and Wellbeing Coach

Hannah is an experienced Health and Wellbeing Coach, who uses her skills and expert knowledge to help patients lead healthier lifestyles.

Hannah works with patients in all three GP practices in the Jesmond Lower Gosforth Primary Care Network - The Grove, Roseworth Surgery and Jesmond Health Partnership.

Patients can [self-refer to Hannah through her online form](#) (click the link or scan the QR code) or through your GP practice.

