



Helping you to lose weight

Easy read information

Sirona care & health
Diabetes and Nutrition Service

A guide to helping you lose weight



Being overweight can lead to health problems such as heart disease, cancer and diabetes



Making better choices at mealtimes can help you to lose weight



Make small, gradual changes to what you are eating



Keeping a food diary can be useful

Tips for losing weight

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M	T	W	Th	F	Sa	Su
spaghetti	pasta/pizza	cottage pie	peas & auberg	beans on toast	curry with rice	roast dinner

Plan your meals.
Do not wait until you are hungry!



Have 3 smaller meals each day



Use a smaller plate



Sit at the table to eat



Have fruit or lower calorie snacks
between meals if you are hungry
Keep them to 2-3 snacks
each day



Carry a bottle of water with
you. Sometimes you might not
be hungry but just need a drink



Allow an occasional treat!
Make sure this is only
1 - 2 times a week



Use healthy cooking methods
such as grilling and baking.
Do not fry foods. You could use
a low calorie cooking spray.



Be more active.
Find something
that you enjoy

Plan your plate



**Fruit and
Vegetables
(1/2 plate)**

**Protein Food
(1/4 plate)**

**Starchy Food
(1/4 plate)**



Fruit and Vegetables (1/2 plate)



Protein Food

(1/4 plate) like meat, fish, eggs and beans and pulses



Starchy foods (1/4 plate) like bread, rice, potatoes and pasta



Portion sizes

Starchy foods (1/4 plate)

- Choose wholemeal or wholegrain varieties
Like wholegrain breakfast cereal, wholemeal bread
- Limit the amount of fat you add to foods, and use lower fat options. For example lower fat spread on bread, reduced fat hard cheese in sandwiches, or skimmed or semi-skimmed milk on cereal



Breakfast cereal – 40g or 3 handfuls
or 2 Weetabix/Shredded Wheat



4 small potatoes or 1 medium one
(size of your fist).
Try not to add any butter or spread



3 - 4 tablespoons mashed potato
Try not to add butter or spread



Noodles – 1 sheet/ball uncooked
noodles or size of a tennis ball cooked
noodles



Couscous – 50g uncooked
or 2 handfuls



Pasta – 50 - 75g
or 2 handfuls uncooked pasta
or 180g cooked pasta



2 slices bread



2 crumpets



1 medium bread roll



1 pitta bread



1 bagel



Rice – 2 handfuls uncooked
rice or size of a tennis ball
cooked rice



1 large Chapati

Portion sizes

Protein Food (1/4 plate) like meat, fish, cheese, eggs, beans, pulses, tofu and vegetarian alternatives.

- Choose lean cuts of meat and cut off any visible fat like chicken skin
- Use lower fat types like skimmed milk, reduced fat cheese, low fat/diet yoghurts
- Try not to fry foods. It is much better to grill or bake instead
- If you do fry foods use a low calorie cooking spray



Meat – 90g of cooked meat,
about the size of a deck of cards



Fish – 140g cooked fish,
about size of a cheque book



120g grilled or baked chicken breast
(skin removed)



Tuna – 1/2 a medium can (60g)
canned in brine or spring water



3 baked chicken goujons (75g)
or 6 chicken nuggets



Breaded white fish portion
(baked or grilled)- 125g



2 slices of grilled bacon
(rind removed)



100g cooked minced meat
like lean beef, pork or turkey
or vegetarian mince,
about the size of a deck of cards



2 grilled or baked sausages
(meat or vegetarian)



1 grilled beef burger
or vegetarian burger



2 tablespoons of hummus



1 tablespoon of nut butter
like peanut butter
(with no added sugar)



1/2 a glass of semi skimmed/
skimmed or plant based milk like rice,
oat or soya milk



1 small tin (150g)
or 5 tablespoons of baked beans
(with no added sugar)



120 g (about 6 tablespoons)
of beans or lentils



30 g of reduced fat cheese
(size of a small matchbox)



2 boiled, poached
or scrambled eggs



1 small pot of low fat
or diet yoghurt

Portion sizes

Fruit and vegetables (1/2 plate). Eat at least 5 portions of fruit and vegetables every day. Fill your plate up with vegetables.



Fruit juice
- 150 ml glass (once a day)



Vegetables
like peas, baked beans, sweetcorn,
carrots - 3 tablespoons



Whole fruit
like apple, banana
- 1 medium piece



Dried fruit
like raisins, apricots
- 1 tablespoon or 1 small box



1/2 tin of vegetables
like carrots, peas



Salad Vegetables
like 3 sticks of celery,
1 medium tomato or 7 cherry



Smoothie
- 150ml glass (once a day)



Cauliflower and broccoli
- 5 florets



Small fruit
like strawberries or grapes
- 1 handful



Small fruit
like kiwi fruit, plums, satsumas
- 2 fruits



1/2 tin of fruit in juice
like pears, peaches



4 heaped serving spoons
of cooked kale, spinach,
spring greens or green beans

Lower calorie between meal snack ideas



Celery and carrot sticks



Small meringue nest with fruit



Low calorie instant hot chocolate drink like Options or Highlights



Small packet of plain popcorn



1 reduced calorie cup of soup



2 plain biscuits
like rich tea or ginger nut



1 pot of sugar free jelly



2 satsumas



1 small pot of diet
or low fat yoghurt



1 banana

Making Changes



It can be really hard to make changes to what you eat

Start by making small changes gradually

Making a list of what you think you can change can help



Write these down on the next page
Ask someone to help you do this

Talk to someone if you feel you are struggling.



See your Practice Nurse or GP for support

Don't give up!

There are so many health benefits to just losing a little bit of weight

My Goals



Example Goal

I will only have a small chocolate bar on a Monday and Friday instead of everyday

1.

2.

3.

4.

5.

Further information

1. NHS Live Well website: <https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>
2. NHS Weight Management video guide: <https://patientwebinars.co.uk/>
3. British Dietetic Association Food Facts: <https://www.bda.uk.com/food-health/food-facts.html>
4. British Dietetic Association weight loss resource: <https://www.bda.uk.com/resource/weight-loss.html>
5. NHS England Healthy Living Apps Library: <https://www.nhs.uk/apps-library/filter/?categories=Healthy%20living>
6. Easy read resource: <https://www.easyhealth.org.uk/index.php/12-common-health-conditions/obesity/>

Meal choice ideas



meal choices



Here are some meal ideas to help you with meal planning.

Breakfast ideas

Option 1: Cereal, fruit , a diet/low fat yogurt
and a 150ml glass of fruit juice



Cereal

Portion of cereal
like cornflakes or 2 Weetabix,
with semi-skimmed or skimmed milk



Fruit

1 tablespoon of dried fruit like raisins
or sultanas or chopped apricots



Yoghurt

1 diet/low fat yoghurt
like Ski, Activia



Drink

150 ml glass of fruit juice

Breakfast ideas

Option 2: Porridge, fruit, a diet/low fat yogurt and a 150ml glass of fruit juice



Porridge

1 x a sachet of plain porridge with semi-skimmed or skimmed milk



Fruit

1 tablespoon of dried fruit or 1 portion of fresh fruit like banana or strawberries



Yoghurt

1 diet/low fat yoghurt like Ski, Activia



Drink

150 ml glass of fruit juice

Breakfast ideas

Option 3: 2 toasted crumpets, fruit
and a 150ml glass of fruit juice



2 toasted crumpets
with 2 tsp of low fat spread
or



2 toasted crumpets
with 2 tsp of jam



Piece of fruit
like a banana, apple
or pear, 2 satsumas
or 2 plums



Drink
150 ml glass of fruit juice

Breakfast ideas

Option 4: 2 slices of wholemeal toast, fruit
and a 150ml glass of fruit juice



2 slices of wholemeal toast
with 2 tsp of low fat spread



Piece of fruit
like a banana, apple or pear,
2 satsumas or 2 kiwis



Drink
150 ml glass of fruit juice

Breakfast ideas

Option 5: 1 slice of wholemeal toast with a poached egg, a piece of fruit and a 150ml glass of fruit juice



Poached egg on toast

1 slice of wholemeal toast
with 1 tsp of low fat spread.
Served with 1 poached egg



Piece of fruit

like a banana, apple or pear,
2 satsumas or 2 kiwis



Drink

150 ml glass of fruit juice

Breakfast ideas

Option 6: 1 slice of wholemeal toast with baked beans, a diet/low fat yoghurt and a 150ml glass of fruit juice



Beans on toast

1 slice of wholemeal toast
with 1 tsp of low fat spread.
1 small tin (200g) of baked beans



Yoghurt

1 diet yoghurt
like Ski, Activia



Drink

150 ml glass of fruit juice

Lighter meal ideas

Sandwiches:

2 x wholemeal bread spread with 2tsp of low fat spread (try not to use if having a moist filling) and the following fillings:



Cream cheese

Reduced fat cream cheese
(like Philadelphia lightest, Dairylea light, vegan cream cheese) with salad



Grated cheese and coleslaw

Grated cheese
with reduced calorie coleslaw



Tuna Mayonnaise

Tinned tuna (in brine or water)
mixed with 1/2 tablespoon of
low fat mayonnaise



Bacon & Tomato

Grilled lean bacon
with sliced tomato

Lighter meal ideas

Sandwiches:

2 x wholemeal bread spread with 2tsp of low fat spread (try not to use if having a moist filling) and the following fillings:



Grated cheese and salad

30g of grated cheese
(small match box sized)
with salad



Turkey salad

Thinly sliced turkey
with salad



Carrot and Hummus

1 grated carrot mixed
in with reduced fat hummus



Egg Mayonnaise

1 boiled egg mixed
with 1 teaspoon of low fat
mayonnaise

Lighter meal ideas

Toast and a topping: 2 x wholemeal toast spread with 2 tsp of low fat spread (or try to have without if using a moist topping) and the following toppings:



Baked beans

1 small tin (200g) of baked beans



Scrambled eggs

Scrambled eggs made with 2 eggs and semi-skimmed milk



Cheese spread

Reduced fat cheese spread with sliced tomatoes



Pilchards

Tinned pilchards in tomato sauce

Lighter meal ideas

Toast and a topping: 2 x wholemeal toast spread with 2 tsp of low fat spread (or try to have without if using a moist topping) and the following toppings:



Poached eggs

2 poached eggs



Hummus

Reduced fat hummus
2 tablespoons



Avocado

1/2 smashed avocado
with chilli flakes



Banana and nut butter

No added sugar nut butter
and sliced banana

Lighter meal ideas



Jacket potato and filling:
1 medium baking potato or
sweet potato, with 1 filling:



Tuna and low fat mayonnaise



No added sugar baked beans



Chilli Con Carne
(beef or vegetarian)



Vegetable curry or dhal



Mashed chickpeas with vegan
mayonnaise and lemon juice

Lighter meal ideas



Jacket potato and filling:
1 medium baking potato or
sweet potato, with 1 filling:



Reduced fat
Grated cheese and reduced
calorie coleslaw



Cooked prawns
with reduced fat mayonnaise



Tinned pilchards
in tomato sauce



Grilled salmon
Fillet with cooked
frozen peas and reduced fat
mayonnaise



Reduced fat cream cheese
with garlic and chives

Lighter meal ideas



Omelette made with 2 eggs and a filling. Serve with 1 slice of wholemeal bread spread with low fat spread
Serve with salad



1 pitta bread with a ham or vegetarian slice
Serve with salad



1 bagel with grated reduced fat cheese and chopped tomatoes



Soup served with 1 slice wholemeal bread or roll. (1/2 large can, 400g is a serving). Try:

- Leek and potato
- Vegetable
- Lentil
- Tomato and basil
- Chicken
- Pea and ham
- Mulligatawny

Please contact us for more information:

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