

# Visit 2

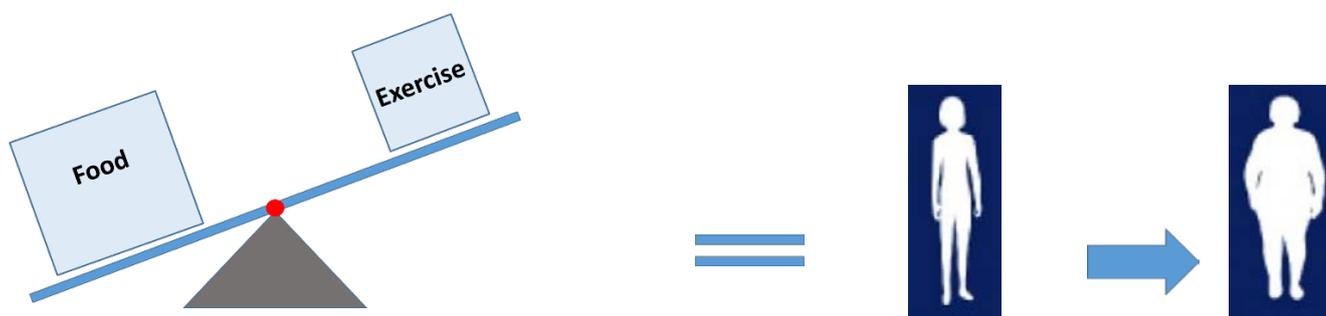
## Energy balance

The only way to lose weight and keep it off is to change your eating and physical activity habits permanently. Your body weight represents the balance between all the energy (calories) taken in from the food and drink you eat, and all the energy (calories) used up during your daily activities.

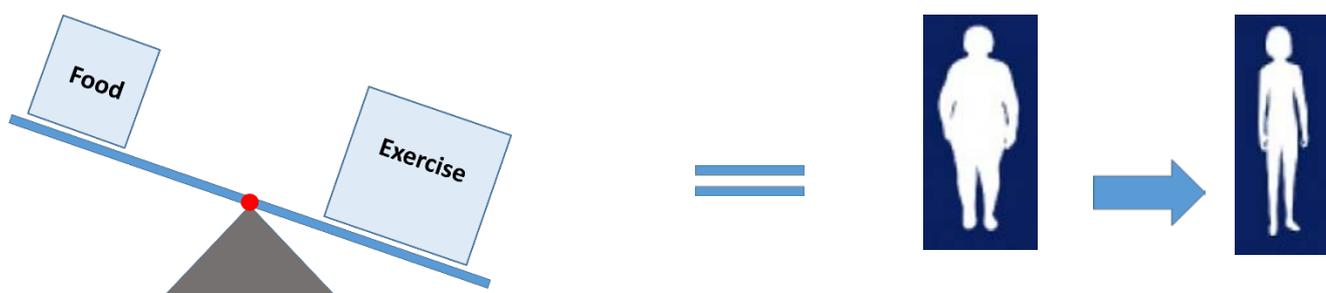
**To maintain your weight**, the amount of energy you take in from food and drink has to equal the amount of energy you use up in your daily activities.



**To put on weight**, means that over time, the energy you have taken in has been more than the energy you have used up. The difference is usually small, typically only 50-100 extra calories daily.

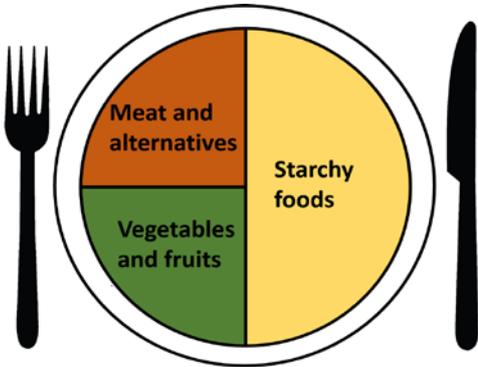


**To lose weight**, you need to eat fewer calories and/or do more physical activity. Your eating plan has been personally designed for you. By following this plan you should hope to lose at least ½ kg or 1lb per week.



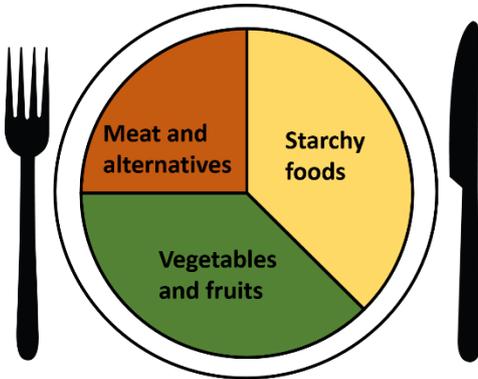
## Food Plates

The best way to reduce body weight and to increase the amount of fibre you eat is to eat more vegetables and fruit and less meat and alternatives and starchy foods. Try to make your plate look like the bottom image where over half the plate is vegetables.



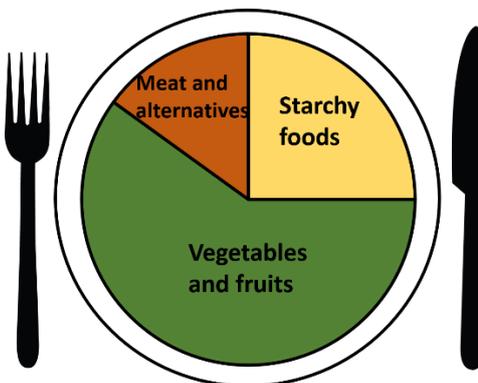
### TRADITIONAL MEAL

Unhealthy meal proportions



### HEALTHY 'BALANCED' MEAL

Changing the proportions of food in this way leads to a healthier meal



### WEIGHT REDUCING MEAL

Changing the proportions in this way will reduce energy intake, help you lose weight, but allow you to eat the same amount of food

### Tips:

- Cook more vegetables than you would normally prepare (cooked in no/minimal oil).
- Put vegetables on your plate first so that they take up half the plate.
- Followed by starch i.e. potatoes/rice.
- Followed by fish/meat/cheese portion last, therefore reducing your intake of these products

# FOOD PLATE



## Healthy eating

In the following visits you attend you will discuss healthy eating in more detail. As an overview here are the main messages:

**Reduce the amount of fat you eat:** Fat comes in many forms such as butter, lard, ghee and all oils and contributes more calories (energy) than any other food component. Fried foods and foods with pastry contain a lot of fat. All fats contribute the same amount of calories and so will have the same effect on your body weight, however plant and vegetable fats (mono- and poly-unsaturated fats) are better for your health than animal fats (saturated fat).



**Fill up with fibre:** Eating fibre can help you to feel fuller for longer and so can help with a weight reducing diet. Fibre is found in vegetables and fruit and wholegrain starchy foods such as brown rice, brown pasta, and wholemeal flours to make bread and chapatti.



**Be aware of added sugar:** Try to limit the amount of added sugar you consume. Large amounts of sugar are found in many fizzy drinks and desserts. Anything that tastes sweet will probably contain sugar and should be limited in your diet.



**Reduce the amount of salt you eat:** Although salt will not affect your body weight it will lead to an increase in your blood pressure and so can contribute to your risk of cardiovascular disease.



**Eat more vegetables and fruit:** Vegetables and fruit are low in calories, contain very little fat and salt and contain a lot of fibre. The bulk of your diet should come from vegetables and fruit.



**Learn to read food labels:** Food labels can be really useful when you are choosing which foods to eat. They will tell you how many calories and how much fat, fibre, sugar and salt is contained within the food. Once you understand food labels you make informed choices about which foods are better for you.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (50g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
12%	Total Fat 5g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	Cholesterol 0mg
7%	Sodium 160mg
12%	Total Carbs 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	Protein 3g

**Portion sizes:** Don't overload your plate. Keep portion sizes sensible. Reduce the portion size of curry that contains fat and rice and chapatti and eat more fruit, salad and vegetables (with little oil).

## Cooking Tips

### Cooking meat, poultry or fish

- Trim all fat off meat before cooking.
- Remove skin from poultry.
- Try grilling, poaching, microwaving, baking or dry frying in a non-stick pan without oil.
- Prepare meat or chicken curry/soup a day ahead, refrigerate and skim off the surface fat.
- Use, lentils, split peas and beans to thicken meat or chicken curry.
- Brown meat in a non-stick pan with a little oil.

### If you use oil in cooking

- Measure oil in table spoons rather than free pouring
- Use cooking oils instead of ghee.
- Add water or tinned tomatoes to prevent food sticking to the pan. Double the amount of onions you use for sauces to increase moisture content.
- Use little oil if making meat or mince, just brown the meat and add the spices, tomatoes and onions as normal
- Fry eggs in water and no oil.
- You can make gravy without any oil (salan)
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### If you use yoghurt

- Use low fat yoghurt - Boil and cool the milk, take off the fat and then make yoghurt

### If you like to grill

- Marinate foods in lemon/lime juice, tomato, soy or yoghurt to add flavour.
- Seasonings such as herbs, garlic, ginger, mustard and other spices may be added before grilling to add tenderness and flavour.
- Foods cook more evenly if at room temperature before cooking.

### If you like to roast

- Try dry roasting by spraying with an oil spray or use a small amount of cooking oil
- Season meats with garlic, herbs, spices and herbs for fuller flavour.
- Cook meats in a baking dish, on a rack over water to retain moisture.
- Wrap foods and flavourings in foil try baking instead.

### If you like desserts

- Reduce the amount of sugar in your dessert or use sucralose (Sucral) instead of sugar.
- Try low fat ice cream, custard and other milky puddings such as kheer made with low fat milk and artificial sweetener, sugar free jelly, low fat yoghurt.
- Eat fruit for dessert instead of a sugary fatty dessert.
- Don't eat dessert immediately after your meal, wait a few hours.

## Importance of weight loss

How **important** is it for you to lose weight in the next 6 months? (please mark from 1-10)

1	2	3	4	5	6	7	8	9	10
Not important at all		Fairly Important			Important				Very Important

## Confidence

How **confident** are you that you can lose weight to in the next 6 months? (please mark from 1-10)

1	2	3	4	5	6	7	8	9	10
Not confident at all		Fairly confident			Confident				Very Confident

## Visit 2: Personal Target Setting

Date	Weight	Waist Circumference

Targets Set	Target Met
1.	
2.	
3.	
4.	
5.	
6.	

**You may find it useful to ask yourself the following questions to help you achieve the above targets:**

How will I go about achieving this target?

How will I know if I have met this target?

Is it realistic for me to achieve this target in the amount of time I have available?