

# How to Lose a Pound-a-week



Have you tried losing weight the easy way?  
Take a look inside to find out how....

Our aim is to help you reach a healthy weight, through healthy eating and increased physical activity. If you have any concerns, please speak to your GP or district nurse for further guidance.

**FOOD  
FIRST**   
NUTRITION AND DIETETICS

## Are you trying to lose weight?

Are you eating more than you used to?

Have you gradually gained weight over the years?

Have you always been overweight?

Have you had an injury that has caused you to be less active?

Are you hungry all the time?

Even losing a small amount of weight through healthier eating in combination with lifestyle changes, such as regular activity, can help you to manage your weight and reduce the risk of developing serious medical health problems such as:

- Joint pain
- Type 2 Diabetes
- Breathlessness
- Cardiovascular disorders
- Some cancers
- Low self esteem
- Depression

Try following the Food First calorie swap approach to losing weight. Please be aware that the advice given in this booklet is for adults only, if you are concerned about your child's weight please contact your GP. If you have any medical conditions that may affect you following this or are currently pregnant, please consult your GP on the most appropriate action for you.

## Healthier eating

By making healthier choices you can reduce your dietary intake by 500 calories (kcal) per day which can lead to weight losses of 0.5 – 1kg (1-2lbs) per week.

### Key principles of healthy eating:

- Eat regular meals – breakfast, lunch and dinner
- Reduce frequent snacking between meals
- Eat more fruit and vegetables – aim to fill half your plate at mealtimes with salad or vegetables
- Choose lower sugar/lower fat products
- Review your portion sizes at mealtimes:
  - Fist sized portion of potato, pasta, rice or 2 slices of bread
  - Palm sized portion of lean meat, fish or other protein source
  - Fill half your plate with vegetables and/or salad
- Limit takeaways to once per week – these can contain over 2000kcal per portion!

**Go ahead and choose your easy swaps to start shedding those pounds!!**

(Remember you only need to reduce your daily intake by 500 kcal)

# Healthy meal plans

## Everyday swaps

Instead of...	kcal	Swap to...	kcal	And you save (kcal)...
30g serving of full fat cheddar cheese	123	30g reduced fat cheddar cheese	76	47
1tsp butter	40	1tsp low fat spread	18	22
1tbsp full fat mayo	104	1tbsp light mayo	43	61
1tbsp light mayo	43	1tbsp extra light mayo	15	28
1tbsp salad cream	70	1tbsp light salad cream	39	31
1tsp sugar	20	1 sweetener	0-5	15-20
200ml glass of whole milk	134	200ml glass of semi-skimmed milk	98	36
200ml glass of semi-skimmed milk	98	200ml glass of skimmed milk	68	30



Swap high calorie creamy dressing e.g. Caesar for low fat alternatives e.g. balsamic, honey and mustard

## Breakfast

Instead of...	kcal	Swap to...	kcal	And you save (kcal)...
Two medium slices of toast with full fat butter	224	Two medium slices of toast with reduced fat spread	186	38
Porridge made with whole milk	181	Porridge made with ½ water and ½ skimmed milk	101	80
Sugar coated cereal with whole milk	180	Non sugar coated cereal with semi-skimmed milk	142	38
Full English Breakfast (fried egg, bacon, sausage, baked beans, hash browns, tomato and toast with butter)	867	2 egg omelette, baked beans and toast x 2 with low fat spread	680	187
Eggs benedict (1 muffin with butter, 1 poached egg, rasher of bacon with 2 tbsp hollandaise sauce)	550	2 poached eggs, toast x 2 with rasher of bacon and reduced fat spread	388	162

Try to grill, poach or bake rather than fry or roast

Swap your chips and creamy mashed potato for boiled new potatoes or jacket potato

## Main

Instead of...	kcal	Swap to...	kcal	And you save (kcal)...
Pasta in a creamy cheesy based sauce	346	Pasta in a tomato based sauce	258	88
Jacket potato with full fat butter and cheese	470	Jacket potato with reduced fat spread and cheese	348	122
Creamy soup e.g. cream of chicken, with a bread roll and butter	348	Non creamy soup e.g. vegetable, with a bread roll and reduced fat spread	253	95
Large deep fried fish in batter with chips	1441	Breaded oven baked fish and chips	1095	346

## Snacks

Remember to ask for no butter please!

Instead of...	kcal	Swap to...	kcal	And you save (kcal)...
Two chocolate digestives	168	Two rich tea biscuits	76	92
Blueberry muffin	270	Currant bun	188	82
Individual bag of standard crisps	130	Individual bag of oven baked crisps	103	27
Full fat thick and creamy yoghurt	156	Low fat natural yoghurt	101	55
Two crackers with butter and cheese	263	Two crackers with reduced fat spread and cheese	178	85

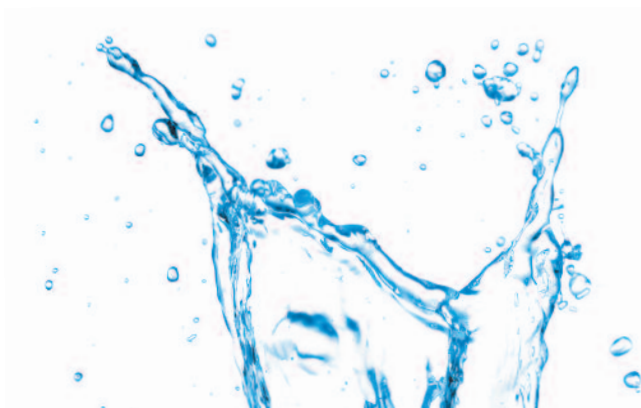
Switch from white to wholemeal alternatives, keeps you fuller for longer!

## Desserts

Instead of...	kcal	Swap to...	kcal	And you save (kcal)...
Jelly	100	Sugar free jelly	10	90
One scoop of Ice- cream	71	One scoop of sorbet	52	19
Custard made with whole milk	142	Custard with semi- skimmed milk	114	28
Table spoon of double cream (to add on cake)	131	Table spoon of aerosol cream (squirty cream)	31	100

## Drinks

**Water has no calories!**  
**Enjoy as many glasses**  
**as you like**



Instead of...	kcal	Swap to...	kcal	And you save (kcal)...
Tea/coffee with semi-skimmed milk and two tsp of sugar	54	Tea/coffee with semi-skimmed milk and sweetener	14	40
Coffee with single cream	31	Coffee with semi-skimmed milk	14	17
Malted drink made with whole milk e.g. Horlicks or Ovaltine	225	Malted drink made with semi-skimmed milk e.g. Horlicks or Ovaltine	184	41
Medium hot chocolate made with whole milk, whipped cream and marshmallows	500	Hot chocolate made with skimmed milk and marshmallows	250	250
Medium hot chocolate made with skimmed milk	230	Medium hot chocolate made with water	115	115
Glass of fresh juice	88	Glass of diluted fruit juice (50/50 with water)	44	44
Glass of orange squash	38	Glass of no added sugar squash	4	34
Large glass of wine (250ml)	228	Standard glass of wine (175ml)	159	69
Medium glass of wine (175ml)	159	Small glass of wine (125ml)	95	64
1 pint of stout	210	½ pint of stout	105	105
1 pint of bitter	180	½ pint of bitter	90	90

What am I swapping today	Kcals I have saved.....
Porridge made with water	107
Tea/coffee with semi-skimmed milk and sweetener x 2 throughout the day	80
Currant bun	82
Jacket potato with reduced fat spread and cheese	122
Glass of no added sugar squash x 2	68
Non creamy soup e.g. vegetable, with a bread roll and reduced fat spread	95
Sugar free jelly	90

Treat yourself to non-food based rewards, e.g. magazines, outings, have your hair or nails done or wait to watch your favourite film or TV programme!

Today I saved a total of 644 kcal (aim for a minimum of 500kcal)

**Look how easy it is!!**

Now have a go yourself.....

What am I swapping today	Kcals I have saved.....

Try and make swaps consistently and keep a record of the kcal you have saved (even if they are the same every day)!

## Being active burns calories and helps you lose weight!!

The recommendation is 30 minutes of exercise 5 times per week. Try and push yourself to be slightly out of breath but still able to hold a conversation to raise your heart rate.

Try some of our ideas.....

Try and make exercise fun!

Yoga for  
30mins burns  
149kcal!

When  
was the last time  
you got up to dance? For  
30mins burns 112kcal

Being active  
burns calories and  
helps you lose  
weight!!

Go for a swim for 30mins  
burns 180kcal

Take a stroll  
after your meals  
for 30mins burns  
100kcal

Bowls for  
30mins burns  
112kcal

Tai chi for  
30mins burns  
149kcal

Chair exercises  
(Feel free to seek further  
information from your  
health professional)



### Bedfordshire Community Health Services

Community and Public Health Dietitians

Dunstable Health Centre

Priory Gardens, Dunstable, Bedfordshire LU6 3SU

Tel: 01582 707629

[www.eput.nhs.uk/food-first](http://www.eput.nhs.uk/food-first)

