10 TOP TIPS FOR A HEALTHY WEIGHT

cruk.org
Ten Top Tips
Ten Top Tips is about forming healthy habits to help manage weight. This leaflet outlines ten simple weight loss tips that have been based on scientific evidence and will help you to take in fewer calories and burn more energy through activity. It also suggests how you can turn the tips into healthy habits.

The Ten Top Tips help you incorporate lifestyle changes into your daily routine so that they become automatic and easy to maintain.
1. **KEEP TO YOUR MEAL ROUTINE**

Try to eat at roughly the same times each day, whether this is two or five times a day. This will help you avoid unplanned meals and snacks which are often high in calories.

**Handy hints:**
- Pick a pattern that fits your daily routine and stick to it.
- If you tend to snack, try to snack around the same time each day.
- Plan when you intend to eat and check at the end of the day if you have achieved this.

2. **GO REDUCED FAT**

Choose reduced fat versions of foods such as dairy products, spreads and salad dressings. Use them sparingly as some can still be high in fat.

**Handy hint:**
- Change to semi-skimmed milk and save 60 calories a day (based on consuming 300mls of milk a day).

3. **WALK OFF THE WEIGHT**

Walk 10,000 steps (equivalent to 60–90 minutes moderate activity) each day. Try using a pedometer to help count the steps. You can break up your walking throughout the day.

**Handy hints:**
- 5,000 extra steps a day (40 mins walking at a brisk pace) will burn 1,240 calories over a week.
- Take the stairs rather than the lift.
4 PACK A HEALTHY SNACK
If you snack, choose a healthy option such as fresh fruit or low calorie yoghurts instead of chocolate or crisps.

Handy hints:
• have a banana instead of a standard-size chocolate bar (46g) and save around 150 calories
• take a piece of fruit to work with you
• choose yoghurts with less than 100 calories per pot. The calcium will also keep your bones healthy.

5 LOOK AT THE LABELS
Be careful about food claims. Check the fat and sugar content on food labels when shopping and preparing food.

Handy hints:
• a low fat digestive biscuit has the same number of calories as a standard digestive biscuit at 70 calories
• use the shopping guide in this leaflet to help you make healthy choices.

6 CAUTION WITH YOUR PORTIONS
Don’t heap food on your plate (except vegetables). Think twice before having second helpings.

Handy hints:
• cook smaller quantities and eat off a smaller plate
• put away left-overs as soon as you’ve served.

The sooner you incorporate all the tips into your life, the quicker you’ll start to lose weight.
7 UP ON YOUR FEET
Break up your sitting time. Stand up for ten minutes out of every hour.

Handy hints:
- standing up on the bus or train burns an extra 70 calories an hour
- when watching TV try to stand up during the ad breaks and do a few chores (e.g. wash the dishes or put the rubbish out).

8 THINK ABOUT YOUR DRINKS
Choose water or sugar-free squashes. Unsweetened fruit juice is high in natural sugar so limit it to one glass per day (200ml or 1/3 pint). Alcohol is high in calories so limit the amount you drink.

Handy hint:
- a pint of ordinary strength beer (3–4%) has two units of alcohol and 182 calories.

9 FOCUS ON YOUR FOOD
Slow down. Don’t eat on the go or while watching TV. Eat at a table if possible.

Handy hints:
- eating meals at the table will help you focus on the amount of food you eat
- don’t eat while walking, wait until you get there.

10 DON’T FORGET YOUR 5-A-DAY
Eat at least five portions of fruit and vegetables a day, whether fresh, frozen or tinned (400g in total).

Handy hints:
- a medium sized apple or banana or three heaped tablespoons of peas is one portion
- try having fruit or vegetables with every meal, this makes it easier to reach five a day.
Ten top tips tick sheet
Keeping track of your progress

Fill in this tick sheet every day to record whether or not you managed each tip. Keeping a record has been shown to increase people’s success in developing healthy habits.

<table>
<thead>
<tr>
<th>TEN TOP TIPS</th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. KEEP TO YOUR MEAL ROUTINE</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. GO REDUCED FAT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. WALK OFF THE WEIGHT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. PACK A HEALTHY SNACK</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. LOOK AT THE LABELS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. CAUTION WITH YOUR PORTIONS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. UP ON YOUR FEET</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. THINK ABOUT YOUR DRINKS</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. FOCUS ON YOUR FOOD</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. DON’T FORGET YOUR 5-A-DAY YOUR WEIGHT</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Keeping track of your weight is very useful. Daily weighing has been shown to increase successful weight control.

<table>
<thead>
<tr>
<th>Current weight</th>
<th>Target weight</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Write details of how you are achieving the tips and anything that particularly helps you use them.
Shopping guide
Check how much fat, sugar and salt is in your food. The following information provides you with some simple advice for understanding food labels. Remember that the amount you eat of a particular food affects how much sugar, fat, saturated fat and salt you will get from it.

<table>
<thead>
<tr>
<th>Per 100g</th>
<th>Sugars</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is high?</strong></td>
<td>over 15g</td>
<td>over 20g</td>
<td>over 5g</td>
<td>over 1.5g</td>
</tr>
<tr>
<td><strong>What is medium?</strong></td>
<td>5-15g</td>
<td>5-20g</td>
<td>1.5-5g</td>
<td>0.3-1.5g</td>
</tr>
<tr>
<td><strong>What is low?</strong></td>
<td>5g and below</td>
<td>3g and below</td>
<td>1.5g and below</td>
<td>0.3g and below</td>
</tr>
</tbody>
</table>

Based on information supplied by the Food Standards Agency

Creating a daily routine, keeping track of your progress and planning ahead are key to developing healthier habits to last a lifetime.
To develop new healthy habits you need to:

- **Plan ahead:** Spend some time now planning how you will fit the tips into your daily routine. For example, think about how to include the extra walking into your day.

- **Keep going:** Do as many of the tips as you can each day. For each tip, doing it at a similar point in your everyday routine will make it easier to turn the tip into a habit. For example, you might decide to always have a piece of fruit at lunch time.

- **Track your progress:** Record-keeping increases success in developing healthy habits. Use the tick sheet in this leaflet to record if you do each tip. Keep this up until the tips become automatic.

**Does being overweight matter?**

Being overweight affects your health. It increases the risk of many types of cancer. It also increases the risk of diabetes, high blood pressure, coronary heart disease, osteoarthritis and stroke.

We know how difficult it is to lose weight and keep it off. The good news is that if you are overweight, losing just 5–10% of your body weight and keeping it off will have a positive effect on your health. For most people this will be around 3–10kg or ½–1½ stone.

(NB If you are seriously overweight and have other health problems, it may be advisable to seek advice from your doctor before beginning a weight management programme.)
Further information
For more about the Ten Top Tips and healthy choices that could reduce your risk of cancer visit cruuk.org/health

For more about obesity and weight loss visit Weight Concern’s website weightconcern.org.uk

For more about cancer visit our patient information website cruuk.org/cancer-help

If you want to talk in confidence about cancer, call our information nurses on freephone 0808 800 4040.

Order our full range of leaflets free online at cruuk.org/leaflets

About Weight Concern
Weight Concern is a UK charity committed to researching and developing more effective treatments for obesity. We also train health professionals in techniques to help support people who want to control their weight.

About Cancer Research UK
CRUK pioneers life-saving research to bring forward the day when all cancers are cured. From our volunteers and supporters to our scientists, doctors and nurses, we’re all here to save more lives and prevent, control and cure all cancers. If you would like to support our work, please call 0300 123 1861 or visit our website cruuk.org