Ten Top Tips for a healthy weight

Together we will beat cancer

This leaflet contains a programme of tips for weight loss. All the tips are based on scientific evidence. They will help you take in fewer calories and burn more energy through activity. Ten Top Tips are simple habits that everyone can fit into their daily routines and doing all ten over the longer-term will help you lose weight and keep it off.

How can the Ten Top Tips help you control your weight?
The Ten Top Tips programme helps you incorporate lifestyle changes into your daily routine so that they become automatic and easy to maintain. To develop new healthy habits you need to:

- Plan ahead: Spend a little time working out in advance how you are going to do the tips. For example, work out how to fit five servings of fruit and vegetables and the extra walking into your day.
- Tracking your progress: Keeping a record has been shown to increase people's success in developing healthy habits. You could make a tick sheet to record which of the tips you stick to each day. Keep this up until the tips have become automatic. Keeping track of your weight is also very useful. Daily weighing has been shown to increase the chance of successfully controlling your weight.

Does being overweight matter?
More men than women are overweight. Being overweight affects your health — increasing the risk of several types of cancer. These include cancers of the bowel, kidney, and gullet (foodpipe). It can also increase the risk of diabetes, high blood pressure, coronary heart disease, osteoarthritis and stroke. In women, being overweight also increases the risk of cancer of the womb and breast cancer after the menopause.

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

(NB: If you are seriously overweight and have other health problems, it is advisable to seek advice from your doctor before beginning a weight management programme.)

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Cancer Research UK
www.cancerresearchuk.org

Weight Concern
www.weightconcern.org.uk

About Cancer Research UK
Cancer Research UK is the world’s leading independent organisation dedicated to finding out how to prevent, diagnose and treat cancer. If you would like to support our work, please call 0303 204 6999 or visit our website: www.cancerresearchuk.org

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.

enquiries@weightconcern.org.uk
www.weightconcern.org.uk
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1. Keep to your meal routine
   - Try to eat the same times each day, whether this is two or five times a day.
   - Handy hints: Pick a pattern that fits in with your own daily routine and stick to it.
   - If you are someone who needs snacks, try to snack around the same time each day.
   - Try planning when you intend to eat and check at the end of the day if you have overeaten.

2. Go reduced fat
   - Aim to eat fish twice a week and choose lean sources of protein like skinless chicken and lean meats.
   - Handy hint: Try to eat always sparingly and choose healthier options, for example, go for a chicken skewer laba instead of a dinner.

3. Walk off the weight
   - Walk 10,000 steps (equivalent to 60-90 minutes) of moderate activity each day. You can use a pedometer to help count the steps. You can break up your walking throughout the day.
   - Handy hints:
     - 5000 steps a day (40mins walking at a brisk pace) will burn 1240 calories a week.
     - Take the stairs rather than the lift.

4. Pack a healthy snack
   - If you snack, choose a healthy option such as fruit, low calorie yoghurt or crackers instead of chocolate or crisps.
   - Handy hint: Avoid large-size chocolate bars and super-size snacks. Choose smaller packs instead.
   - Take a piece of fruit to work in your bag so that you have it with you for a snack.

5. Look at the labels
   - Be careful about food claims. Check that fat and sugar content on food labels when shopping and preparing food.
   - Handy hint: A little-dietetic treat has 79 calories, the same as a standard digestive biscuit.
   - Check the fat and sugar content.
   - To order our shopping guide online, visit www.cancerresearchuk.org/health and click on Ten Top Tips.

6. Caution with your portions
   - Don’t heap food on your plate (except vegetables). Think twice before having seconds.
   - Handy hint: Use a smaller plate for your main meals to help reduce the amount you eat.
   - A serving of fish, meat or another protein should be the size of the palm of your hand (excluding fingers). Aim for two servings each day.

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 fat, sugar, saturated fat and salt you will get from it.

<table>
<thead>
<tr>
<th>What is high</th>
<th>Sugars</th>
<th>Fat</th>
<th>Saturates</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>per 100g</td>
<td>over 15g</td>
<td>over 10g</td>
<td>over 5g</td>
<td>over 1.5g</td>
</tr>
<tr>
<td>What is medium</td>
<td>5-10g</td>
<td>3-5g</td>
<td>1.5-5g</td>
<td>0.3-1.5g</td>
</tr>
<tr>
<td>What is low</td>
<td>1g and below</td>
<td>2g and below</td>
<td>1.5g and below</td>
<td>0.2g and below</td>
</tr>
</tbody>
</table>

Based on information supplied by the Food Standards Agency

Further information

Visit www.cancerresearchuk.org/health for further information about the Ten Top Tips and more about the healthy choices that could reduce your risk of cancer.

For further information about obesity and weight loss visit Weight Concern's website www.weightconcern.org.uk

For more about cancer visit Cancer Research UK's patient information website www.cancerhelp.org.uk