



# 12 tips to help you lose weight

[Source: NHS Choices]

Many of us struggle to maintain a healthy weight and to adopt sustainable healthy habits. The following hints and tips are designed to support you to achieve a healthier lifestyle – one which makes you feel good, is realistic in the expectations you are setting for yourself and helps you stick to them.

1. **Do not skip breakfast**

You could be missing out on essential nutrients and may even end up snacking more during the day because you feel hungry.

2. **Eat regular meals**

Eating meals at regular times during the day can help to burn calories at a faster rate and reduce the temptation to snack on foods high in fat and sugar.

3. **Eat fruits and vegetables**

Fruits and vegetables can contribute to successful weight loss as they are low in calories and fat, and high in fibre. They are also a good source of vitamins and minerals.

4. **Become more active**

Being more active is key to losing weight and keeping it off. As well as providing a lot

of all-round health benefits, physical activity can help to burn off excess calories.

**5. Eat foods high in fibre**

Foods high in fibre, such as fruit and vegetables, oats, wholegrain breads, rice and pasta, and beans, pulses and lentils, can keep you fuller for longer.

**6. Use a smaller plate**

By using a smaller plate or bowl, you can gradually get used to eating in smaller amounts.

**7. Read food labels**

Reading food labels can help you to choose healthier options and reduce fats, sugars and salts.

**8. Do not ban foods**

For some, it is a good idea to try not to ban foods as this can make you crave them more. It is ok to enjoy the occasional treat, as long as you can control them and remember that they are a treat.

**9. Do not buy/stock junk foods**

By not having junk foods such as chocolate, biscuits, cakes, sugary drinks, readily available, you can reduce or avoid temptations. Try stocking up on healthier snacks like fruit, plain rice cakes, unsalted/unsweetened popcorn.

**10. Plan and Prep**

Planning and preparing your meals and snacks for the week in advance can help to avoid unhealthy foods and temptations as well as staying in control of your calories.

**11. Drink plenty of water**

It is important to drink plenty of fluids and stay well hydrated for overall health benefits, but it is also easy to confuse thirst with hunger. You could end up consuming extra calories when all your body really needs is a glass of water.

**12. Reduce alcohol**

Alcohol can contain lots of calories and over time can easily contribute to weight gain. By reducing alcohol, you are not only reducing excess calories but also your risk from certain risk factors and diseases.

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**For more information about tailored programmes to support a healthier lifestyle, see [www.northumberlandhealthtrainers.co.uk](http://www.northumberlandhealthtrainers.co.uk)**