

WEIGH2LIVE

EAT WELL, BE ACTIVE

Your guide to losing weight



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GETTING STARTED

If you have opened this booklet, you are probably already thinking about losing weight. Guess what? That's already a step towards success. Sometimes though, a big barrier can simply be not knowing where to start. This booklet can help you with that. It provides lots of information on how to:

- eat more healthily
- get active
- set goals
- plan and track the changes you make to your diet and lifestyle
- stay motivated
- get support.

weigh2live is an independent website developed by nutritionists from **safe food** and dietitians from the Irish Nutrition and Dietetic Institute (INDI). This booklet provides some of the key tips from the website. You will find more information on www.safe food.eu/ weigh2live

THE TRUTH!

Fad diets don't work. They may help you lose weight to start with but are usually hard to follow in the long term.



EAT WELL

LOOK AFTER YOUR BODY

1. Have a balanced diet



2. Choose healthy options



3. Watch your portion size



KEEPING THE BALANCE

To eat well we need to eat foods from each of the food groups in the right amounts – we need more of some food groups than other. The right amounts will provide us with the nutrients we need and to provide us with the amount of calories for a healthy body weight.

As well as eating a balance of foods a key to eating well is to eat 3 regular meals each day. Never skip breakfast. It’s a myth that it helps you lose weight.

FACT!

Eating breakfast helps your body regulate your appetite better. If you need to snack choose healthier options like fruit.



THE FOOD GROUPS

The different food groups and the numbers of portions recommended per day are:

Food Group	Portions per day
Starchy foods	6 - more if you are very active
Fruits and vegetables	5 or more
Milk and other dairy foods	3
Meat, fish, eggs and other protein foods	2
Foods high in fat and sugar	Very small amounts – use fats and spreads sparingly

When losing weight we need to focus on the following:

- **Getting the right balance of foods**
- **Not eating portions that are too big**
- **Watch the fats – make healthier choices**

Read on to learn more about each food group, what a recommended portion is and what the healthier choices are for different foods. When you are ready to review your diet and set some targets go to page 28.

STARCHY FOODS

One third of what we eat should be starchy foods. Foods from this group include breads, cereals, rice, pasta, couscous and potatoes. Base each of your meals around a starchy food.

Why are starchy foods good for us?

Starchy foods give us the energy we need to keep us moving. They also give us important nutrients like calcium, iron and B-vitamins. They are low in fat, which makes them great for getting you to your healthy weight. And many starchy foods are great sources of fibre, which your body needs for a healthy digestion.

Healthy choices

The healthiest kinds of starchy foods are those that are high in fibre. Remember that for most starchy foods, there is a higher-fibre version you can get instead of the white versions. Good choices include

- Wholegrain breakfast cereals, e.g. porridge
- Brown and wholegrain breads
- Brown rice
- Wholegrain pasta
- Potatoes with the skin on

What is a portion?

6 portions a day. A portion is:

- 1 small bowl of breakfast cereal
- 1 slice of bread
- 3 dessertspoons/2 tablespoons of cooked rice
- 1 medium potato (boiled or baked is healthiest)
- 3 dessertspoons/2 tablespoons of cooked pasta



CHOOSE BETTER!

Choose wholegrain or brown versions of starchy foods where possible.

FRUITS AND VEGETABLES

There are loads of health benefits to eating fruit and vegetables, especially when you eat a wide variety of them. They are very low in calories and are great for bulking up your diet.

Why are fruits and vegetables so good for us?

They are filled with vitamins and minerals that our bodies need. Different fruit and vegetables have different benefits to offer, so eating a variety is ideal. Fruit and vegetables are good sources of fibre, which is great for your digestive system and for your heart.

Healthy choices

All types of fruit and vegetables are good for you. They can be fresh, frozen, tinned, dried or juiced.

What is a portion?

5 portions a day. A portion is:

Fruit

- 1 handful of grapes or berries
- 1 heaped tablespoon of dried fruit
- 2 small fruits, e.g. plums
- 1 medium size fruit, e.g. banana, apple
- ½ grapefruit or avocado
- 1 slice of a large fruit, e.g. melon or pineapple
- 3 heaped tablespoons of fruit salad or stewed fruit
- 1 small glass (150ml) of fruit juice*

Vegetables

- 1 dessert bowl of salad
- 1 small bowl of homemade vegetable soup
- 3 heaped tablespoons of beans and pulses*
- 3 heaped tablespoons of vegetables (raw, cooked, frozen or tinned)

* Fruit juice only counts as one portion of fruit no matter how much you drink so it's best to get your '5 a day' from whole fruit and vegetables. The same goes for beans and pulses.



EAT MORE OF THESE!

Fruit and veg are high in water and low in calories, or energy. You can fill up on these without ruining your weight loss plans.

MILK AND DAIRY FOODS

Milk and dairy products (like cheese, yoghurt or fromage frais) are great sources of protein and vitamins A and B12. They're also a great source of calcium. This is really important for keeping your bones and teeth strong (and helps to prevent osteoporosis).

Healthy choices

The healthiest dairy products are the lower-fat versions. Full-fat dairy products contain saturated fat. So keep your heart healthy by only eating a few of these. Lower-fat milk, cheese and yoghurt are just as nutritious as the full-fat versions, and have all of their goodness - all that is missing is some fat.

What is a portion?

3 portions a day. A portion is:

- a small glass of milk (200 ml)
- 1 125g pot of yoghurt
- 1 oz (30g) of cheese (a matchbox-sized piece)



CHOOSE LOW-FAT OPTIONS!

Low-fat milk and yoghurt are the best dairy options if you are trying to lose weight.

If you eat cheese use a very small amount of strongly flavoured cheese and grate it to make it go further.

MEAT, FISH, EGGS AND ALTERNATIVES

Foods in this group include meat, fish, eggs, beans and pulses.

Why are protein foods good for us?

These foods are not only a great source of protein but also provide us with important vitamins and minerals.

- Meat is a good source of iron: It keeps your blood healthy and prevents anaemia. It is also a great source of vitamin B12, which can only be found in foods from animals, like meat or milk.
- White fish is low in fat while oily fish is a good source of healthy fats. Health experts advise us to eat 2 portions of fish a week.
- Eggs are a really nutritious food, packing in iron, protein and some vitamins.
- Soya, quorn and pulses like peas, chickpeas and lentils are a great choice for vegetarians, but meat-eaters should try them too! They're just as nutritious, giving us iron, fibre, vitamins and minerals.

Healthy choices

Those protein sources that haven't had fat or salt added to them are the best option. Also trim off any excess visible fat from meat.

What is a portion?

2 portions a day. A portion is:

- 2oz (60g) cooked lean meat or poultry
- 2 eggs (not more than 7 per week)
- 1oz (30g) nuts
- 3-4 oz (90-120g) cooked fish
- 3 tablespoons cooked peas or beans



CUT THE FAT!

Watch your portion sizes. Go for the leanest meat that you can afford, always cut the visible fat off your meat and limit the amount of processed meats, such as sausages and rashers, that you eat. Use cooking methods where you don't need to add fat, such as grilling or baking.

FOODS HIGH IN FAT AND SUGAR

Spreads, oils and dressings

- Use only about 1oz (30g) low-fat spread or low-fat butter (i.e. enough to spread thickly on two slices of bread) or a half oz (15g) ordinary margarine or butter (enough to spread thickly on one slice of bread) each day.
- Use oils sparingly in cooking
- Choose low-fat dressings and serve on the side. Just add what you need.

Sugars, confectionery, cakes and high fat snack foods

These foods should only make up a small part of what you eat. There is no need to cut them out completely but do keep them as occasional treats (but not as rewards). Focus on the healthier foods that will help to keep your weight healthy. Only eat small amounts of high-fat or high-sugar snacks, and not too often. Choose lower-fat and sugar-free alternatives where you can.

KEEP TREATS AS TREATS!

Use low-fat versions of spreads and fats and keep treats as treats!



MENU SAMPLE 1

Menu 1 (portions for men)	Starchy	F&V	Dairy	Protein	Other
Breakfast					
<ul style="list-style-type: none"> • Small bowl of porridge with low-fat milk • Piece of fruit – whole or chopped on cereal • Small glass of unsweetened fruit juice • Tea or coffee with low-fat milk 	1	2	1		
Mid morning					
<ul style="list-style-type: none"> • Tea or coffee with low-fat milk • 1 slice of brown bread toasted with low-fat margarine lightly spread 	1				1
Lunch					
<ul style="list-style-type: none"> • Chicken salad (lettuce and tomato) sandwich (2 for men) on 2 slices of wholemeal bread with low-fat spread • Piece of fruit, low-fat yoghurt and water 	2 (4)	2	1	1	1
Mid afternoon					
<ul style="list-style-type: none"> • Tea or coffee with low-fat milk and a small chocolate bar 					1
Dinner					
<ul style="list-style-type: none"> • Beef stew – enough to provide meat equivalent to deck of cards, 4 tablespoons vegetables (2 types) and 2 medium potatoes (3 for men) • Glass of low-fat milk or yoghurt 	2 (3)	2	1	1	
TOTAL	6 (9)	6	3	2	3

 = 1500Kcal

 = 1810kcal

IF YOU'RE ACTIVE...

If you are more active you can introduce more starchy foods into your diet. However, go easy on any fats you add.

MENU SAMPLE 2

Menu 2 (portions for men)	Starchy	F&V	Dairy	Protein	Other
Breakfast					
<ul style="list-style-type: none"> • 2 slices of pan bread or 1 slice of soda bread toasted with low-fat spread • Banana with low-fat yoghurt • Glass of unsweetened fruit juice • Tea or coffee with low-fat milk 	2	2	1		1
Mid morning					
<ul style="list-style-type: none"> • Tea or coffee with low-fat milk and chocolate biscuit • Piece of fruit • Crispbread 	1	1			1
Lunch					
<ul style="list-style-type: none"> • 1 (2 for men) medium baked potato with a small tin of tuna and 15g of low-fat mayo served with salad or vegetables • Piece of fruit 	1 (2)	2		1	1
Mid afternoon					
<ul style="list-style-type: none"> • Tea or coffee with low-fat milk • Plain biscuit (slice of fruit cake) 	(1)				1
Dinner					
<ul style="list-style-type: none"> • Medium fillet of fish, 2 tablespoons of salsa (mango, red onion, tomatoes, lime juice and coriander mixed), 2 tablespoons peas, serving of rice equivalent to the size of a tennis ball • Yoghurt or glass of milk 	1	2	1	1	1
TOTAL	5 (7)	7	3	2	4



= 1500Kcal



= 1840kcal

TIPS FOR SHOPPING

Shopping and cooking most of your own meals is a great way to reach your healthy weight. It allows you to take control over what you eat. It all starts with planning and shopping. Here are some tips:

Before you go

- Make a list and stick to it
- Don't go shopping on an empty stomach – have a healthy snack beforehand

At the supermarket

- Give yourself time to read the labels and learn what is in the food*
- Keep a healthy balance in mind – does your shopping basket reflect the right balance of food groups you need to eat?
- Watch the value packs – fine if you get a value pack of fruit but if you bring home a value pack of biscuits you'll bring temptation into the house!

* This table will give you an idea of whether your food contains 'a little' or 'a lot' of fats, salt or sugar per 100g food. Go for brands that are lower in these nutrients.

	This is a lot	This is a little
Fats	20g or more	3g or less
Saturates	5g or more	1g or less
Sodium	0.5g or more	0.1g or less
Salt	1.3g or more	0.3g or less
Sugars	10g or more	2g or less



TIPS FOR EATING OUT

You want to enjoy eating out without feeling guilty. So here are a few pointers to keep you healthy without spoiling the fun.

- Don't arrive starving - eat a small, healthy snack a couple of hours beforehand
- Avoid the nibbles - it's very easy to fill up on the bread, poppadoms, tortilla chips, etc. Try to avoid these extras
- Fill up on low-fat foods first, e.g. soup or salad
- Ask - don't be afraid to ask for substitutions or alterations. Ask for sauces and dressing on the side, vegetables to be served without butter, salad or extra vegetables instead of chips. Most places are used to this
- Watch out for the fats - go for vegetable, chicken or fish dishes over fattier meat dishes. Avoid creamy sauces in favour of tomato-based sauces. Choose baked or boiled potatoes over chips. Ask whether the food can be grilled instead of fried
- Eat slowly - enjoy your meal and the company. Give your body time to give you the signal that you are satisfied
- Your mother was wrong - you don't have to clean your plate!
- Share - if you want to go for one of the more indulgent options, why not share?
- Drink to your health - enjoy your glass or two of beer or wine, and sip water with your drink to reduce your alcohol intake.



TIPS FOR EATING HEALTHY SNACKS AT WORK

- Bring some fruit to work
- Chop up some vegetables like carrots and celery and keep them near you
- Rice cake or wheat crackers with low-fat cream cheese
- Handful of seeds and dried fruit
- Diet yoghurt

Remember to

- If you feel peckish try a drink – we can sometimes confuse thirst with hunger
- Keep sugary and fatty snack foods out of sight
 - Don't bring them to work
 - Ask others not to offer them to you
- Don't skip breakfast and lunch – you'll overeat later and be more tempted by unhealthier snack foods

FOR HEALTHY RECIPES...

For simple, healthy and tasty recipes, log onto www.safefood.eu/weigh2live



BE ACTIVE

PUT YOUR HEALTH FIRST

1. Choose activities you enjoy



2. Remember every bit counts



3. Make exercise a habit you keep



BENEFITS OF STAYING ACTIVE

Most people on the island of Ireland are missing out because they are not active enough. All of us (including those who are already at a healthy weight) can benefit from getting more active. Helping you achieve and stay at a healthy weight is a key benefit of staying active. However, there are many more benefits listed below.

- Benefits your heart
- Improves your blood pressure and cholesterol
- Helps you to stay at a normal, healthy weight
- Helps build strong and healthy bones
- Improves your physical fitness and endurance
- Increases your physical strength and flexibility
- Tones your muscles and improves your shape
- Provides you with a general sense of well-being and improves your mood
- Builds your self-esteem
- Gives you a chance to meet people and it can be fun!

IT'S NOT JUST ABOUT WEIGHT

There are many benefits from staying active, not just the weight loss.



GET MOVING MORE EVERY DAY

Getting as active as our ability allows is good for all of us whether we are a healthy weight or overweight. Becoming more active is an essential part of losing weight and keeping it off. Experts recommend 60 to 90 minutes of moderate activity every day for weight loss.

Tips

- Spend less time sitting and move more - every bit counts
- Start off slowly building at least 30 minutes of activity into your day
- Increase this gradually to 60 to 90 minutes over time
- Break it down into short bursts - 10 to 15 minutes of moderate activity throughout the day can be easier to fit into your day than doing it all in one go
- If you have been inactive for a while seek medical advice.

What type of activities count towards my 60 to 90 minutes per day?

The important thing is to get up and move more during the day. Every bit counts.

Most of your activity should be moderate in intensity. This means that you are using your heart, lungs and large muscles over a period of time. Your breathing will deepen and your heart will pump slightly faster.

Activity that results in you feeling more out of breath and sweaty is vigorous activity. One minute of vigorous activity is equal to 2 minutes of moderate activity. For example, 30 minutes of playing football is the same as 60 minutes of brisk walking.



EXAMPLES OF MODERATE AND VIGOROUS ACTIVITY FOR ADULTS

Moderate Activity

Brisk walking; a mile in 15-20 minutes

Digging in the garden

Medium paced swimming

Water aerobics

Cycling slower than 10 miles per hour

Tennis (doubles)

Ballroom dancing

General dancing

Vigorous Activity

Jogging or running a mile in 10 minutes

Active sports such as football or soccer, squash, aerobics

Circuit training

Fast cycling (10 miles per hour or faster) or brisk rowing

Swimming lengths

Tennis (singles)

Dancing such as quick step, hip hop, street, salsa, Irish dancing

For more information and ideas,

NI - www.getalifegetactive.com

ROI - www.getirelandactive.ie



IF YOU HAVE BEEN INACTIVE FOR A WHILE

If you have been inactive for a while

Becoming more active can be daunting if you have been inactive for a long time. Here are some tips for getting started

- Speak to a GP beforehand if you have concerns
- Choose an activity you will enjoy. Dancing, cycling, walking, football kick-around; whatever you like
- Start very slowly and build up your level of activity gradually
- Make a habit of it. Do the same activity at a moderate intensity for a set amount of minutes most days of the week
- When you get used to this, increase the time you spend doing the activity
- Then increase the intensity at which you do it
- Try out different activities for variety. Talk to your friends and family about activities in your local area. They might have some nice ideas (and might even join you).



FIGHT THE EXCUSES

Excuses are a great thing. They get us off the hook in the short term. In the long term though, excuses swindle us out of the benefits of getting more active. If you’ve swindled yourself in the past, here are some solutions to stop it happening again.

Obstacle	Solution
The weather is too bad to get outside for a walk	Make sure to fit in that walk on days when the weather is fine! Or how about badminton, a swim, yoga or similar indoor activities?
I’ve very little time to spare	Remember that three short 10-minute bouts of physical activity built into your day will all add up
The gym is very expensive	No need to join the gym to get fit! A good pair of walking shoes is all anybody really needs to become more active
I’m not sporty	Try something you enjoy, like a weekend walk in the countryside or attending a dancing class
I’m too old	Unless you have trouble moving around, it is never too late to become more active
It’s dangerous	See your GP if you are worried that becoming more active could be unsafe for you. For most people, however, it’s more dangerous to be inactive
I’m embarrassed about getting into a tracksuit	Most activities, like walking, only need comfy shoes
I’m just embarrassed because I’m so out of shape	If you have become very overweight, talk to your GP before you start to exercise. Gradually increase your activity level and be proud that you’re getting physically active. Bring along a good friend for moral support if you need to



PLAN AND TRACK

TRACK YOUR PROGRESS

1. Keep a diary



2. Set some goals



3. Review regularly



PLAN AND TRACK YOUR DIET

Many people aren't sure what they are doing wrong when it comes to food. Eating is something we do to survive and it becomes habit.

Keep a diary to track your food intake. This will help you to

- Become aware of your eating habits
- Spot problem areas so you can make conscious choices about what you eat and do
- Plan changes and set goals to motivate yourself

Tips on keeping a diary

- Fill in the diary as you go if possible: don't leave it until the next day
- Write down everything you eat or drink
- Think about why you are eating: are you hungry or is it due to stress, boredom or being upset? Write it down to see what's triggering your eating habits
- Review what you are eating by comparing it to the daily food portion recommendations for each food group – see page 3
- Keeping a diary regularly at the start is very useful and allows you to identify changes you can make. You may find you use the diary less frequently over time, e.g. use it when you are reassessing your goals or to help you focus again when the going seems tough.

REMEMBER...

Always refer to the daily food portion recommendations outlined in this book. It'll help you keep on track!



PLAN AND TRACK YOUR ACTIVITY LEVELS

Keep track of your daily physical activity. It will help you identify

- When you are physical active
- How much you do
- Where you can make improvements
- What makes activity more manageable and fun for you.

Tips on keeping a diary

- Fill in an activity diary or just record what you do on a piece of paper
- Record all the physical activity you did that lasted more than 10 minutes for a week. Include comments such as where you were, who was with you and how you felt
- Review the amount of physical activity that they did compared to the recommended levels, i.e. an average of 60+ minutes per day
- Identify where you can fit in more activity – remember it can be in 10-15 minute blocks
- From the comments you wrote down identify what motivates or helps you be more active
- Identify changes that can be made that will then feed into goals.

Keeping a diary regularly at the start is very useful and allows you to identify changes you can make. You may find you can use the diary less frequently over time, e.g. use it when you are reassessing your goals or to help you focus again when the going seems tough.



SAMPLE DIARY

DAILY DIARY – FOOD											
Time		Food and drink				Hungry?	Comments & thoughts			Food Groups	
7.50am		Medium Bowl of porridge with low-fat milk, banana, small glass of orange juice, mug of tea with milk				A little	A good start to the day			1 x SF 2 x F&V 1 x D	
9am-10am		Glass of water									
10.30am		Mug of coffee with fruit scone, jam				No	The scone is just habit. Must stop ordering it			2 x FSF	
1.30pm		Ham and salad sandwich on brown bread from shop (mayo and spread!) and water				Yes	Ate at my desk. No time for anything else			2 x SF 1 x P, FV 2 x FSF	
6.30pm		Slice of toast with low-fat spread and glass of water				Starving	Something to keep me going on my walk until dinner time			1 x SF, 1 x FSF	
7.30pm		large thin pan ham and pineapple pizza, bowl of salad Yoghurt, mug of tea with low-fat milk, 3 biscuits				Yes	Ate too much pizza. Could have done without the biscuits. I'm annoyed!			2 x SF, 1 x P, 2XD (cheese on pizza), FV, sFSF	
Overall food intake		Starchy Foods	6	Fruit & Veg	4	Dairy Foods	3	Protein Foods	2	Fatty Foods	4

DAILY DIARY – ACTIVITY										
Time	Activity								Duration	
8.30am	Walked to work								30mins	
1.20pm	Brisk run at lunch								20mins	
6.00pm	Walked home								30mins	

What changes can I make: Bring my lunch to work - sandwich on brown bread, include a yoghurt and some fruit; Eat less pizza - don't put it all on the plate - half it first! Go easy on fatty and sugary foods - swap biscuits and scone for some fruit.

Use the blank diary at the back of book to record your own food intake

SAMPLE
DIARY

SET SOME GOALS

Setting some goals is crucial to successful weight loss. Many people fail in the long term because the focus is on the end goal of weight loss rather than on the food and activity changes they need to make.

Set some goals that you can work towards. The golden rules for goal setting are

1. Be specific

A goal like “exercise more” is not specific.

A more specific goal is “*go for a 20-minute walk 3 times this week*” instead.

2. Be realistic

Starting with a goal like “walk 5km every day” is not realistic.

A more realistic goal is “*walk 2.5km 3 times this week*” instead.

3. Choose a goal that is measurable

A goal like “eat fewer biscuits” is not measurable.

A more measurable goal is “*eat only 2 biscuits per day this week*” instead.

4. Be forgiving

Build your goals up gradually. Just set 2 or 3 at any one time

5. Review regularly

If you aren't getting anywhere revise your goals and try other things. If you have achieved the ones you set, build on what you've done and set some new goals.

REWARD YOURSELF

- Rewarding your success will help keep you motivated so that you will continue to improve your lifestyle and get to a healthy weight
- Giving yourself frequent, small rewards for meeting smaller goals is more effective than bigger rewards for achieving more long-term goals
- Always reward yourself with a non-food item. Remember: food is a necessity, not a reward. How about a new CD, new clothes, a trip to the cinema?

Let's say you've achieved your goal of walking for 30 minutes, 5 days a week for 2 months: reward yourself with a non-food item. Once you've met this goal, plan a new goal: walk for 40 minutes, 5 days a week for 2 months and look forward to the next reward!

Write down your goals and rewards and review regularly

GET SOME SUPPORT

You can reach a healthy weight on your own, but getting support can help you along the way and get past any trouble spots. Family and friends, trained professionals or other people who are trying to achieve a healthy weight can help.

Some tips on building support around you

- Don't be shy! Explain to people that you are committing to a new healthier lifestyle and that their support is important to you
- Ask a friend at work to be a buddy. Ask them to join you for lunchtime walks or to share healthy lunches with you
- Learn to say no. Don't accept every invitation to dinner or drinks. Suggest activities like a weekend walk or dance lessons!
- Join in. If there are local healthy weight groups or sports teams, give them a go. Pick an enjoyable activity suited to your level of fitness
- Spread the word! Encourage those around you to join you in your healthy weight efforts. Pass on the many benefits of reaching a healthy weight. Maybe you'll get some company and support along the way!
- Follow us on Facebook www.facebook.com/safefood.eu

Write down how you plan to get support

COPING WITH THE TOUGH TIMES

We would be fooling ourselves to think that there won't be a few tough times along the way to a healthier weight. Everyone who loses weight has the odd slip up or bad day. It can be tough to keep going but here are a few tips to get through it.

1. Stay positive

What's done is done. There's nothing to gain from beating yourself up over a mistake made. Negative feelings could turn your slip-up into a much bigger thing; you may feel like ditching the plan entirely.

Remember: there is nothing to stop you from continuing with your healthy weight goals after a slip-up.

2. Find out what has gone wrong

Think about why your slip-up happened. If you know, you can stop it happening again. Maybe you ate unhealthy foods because you were bored or upset, or you missed your evening walk because of something on the telly.

3. Plan your strategy

Think about what you'll need to do differently next time to avoid making the same mistake. Look again at your motivations for losing weight - try to keep these reasons in focus. Review your goals: are they unrealistic? Can you change them slightly to better suit your lifestyle?

4. Back to business

There is no need to dwell on the slip-up now that you have a plan in place to deal with it next time you are tempted. Move on, and expect that things will work better for you this time.

5. Getting more support

Having support is also really important for success. Try to get your close family and friends on board to support you.

STAY POSITIVE

It is common to reach a plateau where you cannot lose any more weight. Stay positive and review what you're doing.

FOR MORE INFORMATION...

There is so much information out there it can get confusing. Here are some useful and credible websites that can help you along the way.

www.safefood.eu/weigh2live

www.littlesteps.eu

ROI

www.indi.ie

www.healthpromotion.ie

www.getirelandactive.com

www.irishheart.ie

UK

www.bda.uk.com

www.bdaweightwise.com

www.healthyliving.gov.uk

www.bhf.org.uk

www.bbc.co.uk/health

www.nhs.uk/livewell/healthy-eating

www.getalifegetactive.com

www.enjoyhealthyeating.info



Use the following section to record your goals and progress. Use the diary to record your food and activity levels. Guidelines and tips for doing this are given on page 21-24. For extra copies of these diaries go to www.safefood.eu/weigh2live or photocopy these pages.

WEEK 1

My goals

My motivation

My support

My progress

My reward

WEEK 2

My goals

My motivation

My support

My progress

My reward

WEEK 3

My goals
My motivation
My support
My progress
My reward

WEEK 4

My goals
My motivation
My support
My progress
My reward

DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	
Overall food intake		Starchy Foods		Fruit & Veg		Dairy Foods		Protein Foods		Fatty Foods	

For recommended portions see pages 4–7

DAILY DIARY – ACTIVITY

Time	Activity	Duration

For examples of moderate and vigorous activity see page 17

What changes can I make:

DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	

DAILY DIARY – ACTIVITY

Time	Activity	Duration

For examples of moderate and vigorous activity see page 17

What changes can I make:

DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	

DAILY DIARY – ACTIVITY

Time	Activity	Duration

For examples of moderate and vigorous activity see page 17

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DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	

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Time	Activity	Duration

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DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	
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What changes can I make:

DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	

DAILY DIARY – ACTIVITY

Time	Activity	Duration

For examples of moderate and vigorous activity see page 17

What changes can I make:

DAILY DIARY – FOOD

Time	Food and drink				Hungry?	Comments & thoughts				Food Groups	
Overall food intake		Starchy Foods		Fruit & Veg		Dairy Foods		Protein Foods		Fatty Foods	

For recommended portions see pages 4-7

DAILY DIARY – ACTIVITY

Time	Activity	Duration

For examples of moderate and vigorous activity see page 17

What changes can I make:

STAY ON TRACK

To help set and achieve healthy weight goals visit www.safefood.eu/weigh2live

The website is packed with tips for eating well and staying active that can become part of your everyday life. It will:

- Help you to calculate your BMI
- Help you to set your own goals
- Give helpful tips and advice for eating well and staying active

It's **FREE** and suitable for both men and women.



www.safefood.eu
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