

Eat Well



Feel Good!

A Guide to Healthy Eating & Weight

‘Healthy eating is a way of life, so it’s important to establish routines that are simple, realistic and ultimately liveable’

Arthur Agatston

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The information in this booklet is designed for people above average weight and not intended for people who are currently under weight or of a healthy weight.

Congratulations for thinking about making a positive change and for reaching out to Feel Good Suffolk for support!

Let's start by outlining where you are now and what you'd like to achieve. These early steps are important to help you get into the right mindset and can increase your motivation to change.

Why have you come to Feel Good Suffolk?

For example:

- So I can run around with my kids
- To help with my back pain
- So I can sleep better
- To feel more confident
- To feel healthier

What has worked well and what has failed in the past?

For example:

- Paid for in person programme
- Paid for app or online programme
- Other free app
- Delivered meal boxes or food subscription?

No worries it's OK if you haven't tried any of these.

What are you willing to change?

For example:

- Swap to whole grain foods
- Eat more vegetables
- Cut down on alcohol

It's OK if you are not too sure to start with, as we go along you'll become more aware of what will work best for you.

What would you like to be different?

There is a goal setting template later in the booklet that might help you with this section.

Finding your motivation will help when you are having a challenging day.

- It might be that you have been asked to lose weight for your health or that you just want to feel fitter and healthier.
- It could be that you want to improve your mental health or that you have a wedding next year you want to look your best for.

Where would you like to be in 3, 6 and 12 months?

3 months time

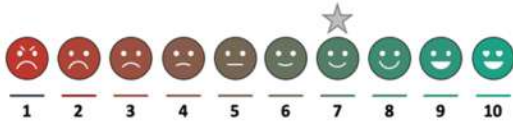
6 months time

12 months time

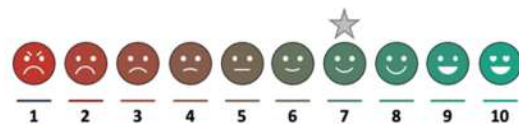
What support would help you to achieve your goals?

On a scale of 1 – 10 (1 being very low and 10 being very high)

How much do you want to achieve this change?



How confident do you feel you can start to make these changes?



If you can, why not track your measurements here so that we can help to monitor your progress.

The NHS has a healthy weight BMI calculator - have a go at calculating your BMI and log your results here.

Today's date

Age

Gender

Height

Weight

BMI

Waist Circumference

Height to waist ratio

BMI healthy weight calculator

The body mass index (BMI) is a measure that uses your height and weight to work out if your weight is healthy.

BMI calculator

If you have or think you might have an [eating disorder](#), we advise you not to use the BMI Calculator and get further advice from your GP.

Adult

Child

Height

[Switch to cm](#)

Feet

Inches

Weight

[Switch to kg](#)

Stone

Pounds

[nhs.uk/live-well/healthy-weight/bmi-calculator](https://www.nhs.uk/live-well/healthy-weight/bmi-calculator)

Waist Circumference

Waist circumference is a good measure of fat around your middle. This type of fat builds up around your organs, and is linked to high blood fat levels, high blood pressure and diabetes.

A larger waist usually also means there is excess fat inside your organs. When this happens in your liver, for example, it pumps out too much fat and sugar into the blood, increasing your risk of coronary heart disease and diabetes.

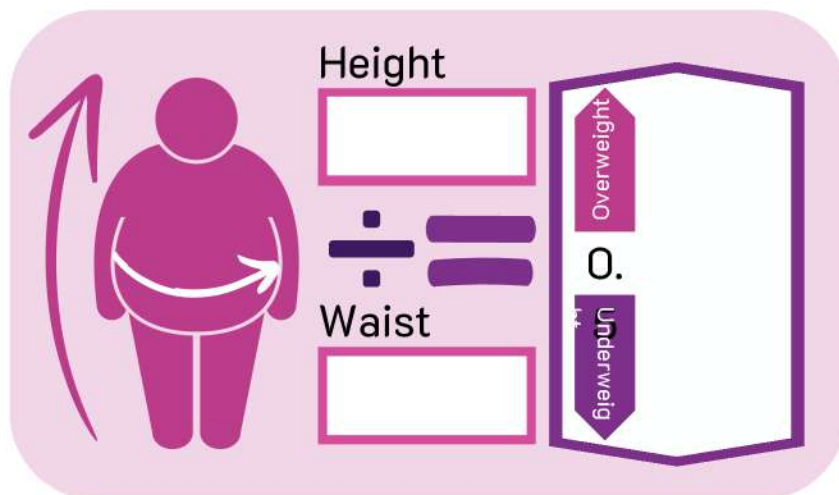
To measure your waist:
Find the bottom of your ribs and the top of your hips (just above your belly button).
Wrap a tape measure around your waist midway between these points.
Breathe out naturally before taking the measurement.

What should your waist measurement be?

	For people of white European, black African, Middle Eastern and mixed origin.	For people of African Caribbean, South Asian, Chinese and Japanese origin.
	For men, a waist circumference below 94cm (37in) is 'low risk', 94–102cm (37-40in) is 'high risk' and more than 102cm (40in) is 'very high'.	For men, a waist circumference below 90cm (35.4in) is low risk, and more than that is 'very high risk' (there isn't a 'high risk' category).
	For women, below 80cm (31.5in) is low risk, 80–88cm (31.5-34.6in) is high risk and more than 88cm (34.6in) is very high.	For women from these groups, below 80cm (31.5in) is low risk, and anything above is very high risk.

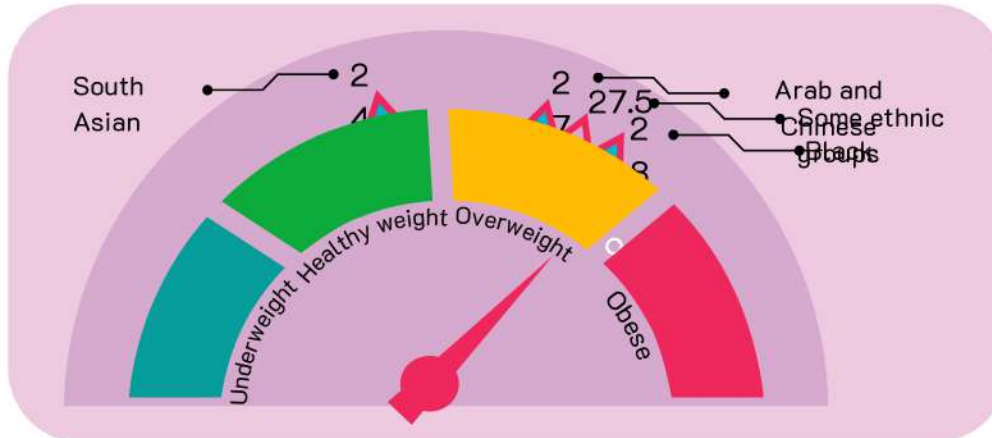
Weight to height ratio

To check if you have excess weight around your tummy, you measure your waist in inches then divide that by your height in inches. A ratio of under 0.5 inches means that half your weight means you a healthy weight.



Body Mass Index

Whilst each person's healthy weight range differs, globally, we use a measurement called Body Mass Index (BMI), which refers to weight standardised for height. BMI is often used as a measure of health risk. Although it does not measure body fat or body composition directly, research has shown BMI to correlate closely with other methods that directly measure body fat.



There are four main BMI categories that a person may fall into based on their weight and height:

- underweight
- healthy weight
- overweight
- obese

A healthy weight is defined as having a BMI of between 18.5-24.9 kg/m². What this means is that based on a person's height and weight, their BMI falls within a range considered to represent the most optimal for positive health and with the least risk of ill health.

However the number by which you are considered at risk of developing health issues can depend on your ethnicity. If you are from a Black, South Asian, Chinese or Arab ethnic group, you may need to lower your BMI. The NHS currently recommends diabetes prevention for people with BMIs over 30 for white people, or 27.5 for some ethnic groups.

New research shows many people would benefit from diabetes prevention at lower BMIs.

What is a healthy weight?

A healthy weight is a range that statistically is associated with a low risk of weight-related diseases and health issues.

Whilst healthy weight guidelines have been developed at population levels, each person's healthy weight range will vary and depend on factors such as age, sex, genetics, body frame, existing medical history and lifestyle habits. It is important to note that weight is only one of many determinants of health and wellbeing.



Beat your barriers!

There maybe many reasons you find it hard to manage your weight. This chart will help you to figure out what your main barriers to get you started.

Benefits & Gains

Losses & Costs

Staying as I am now

What are the positives of not eating well?

What are the negatives of not eating well?

Eating Well

What will be the benefits of eating well?

What is going to make eating well difficult?

What does a healthy diet mean to you?

How would you describe your current diet?



On an average day, what do you eat and drink?













If you are able to check how many calories are in each item of food/drink, why not include this below. You can find out the number of calories by looking at the labels on shop-bought foods. The label usually reports how many calories are in each portion, per 100g and per pack.



Starting Point Tracker

Before you start, track what you eat and drink on average for a few days.

It's really important that you are honest! Knowing your weak spots will help you to change.

Breakfast			
			
Lunch			
			
Evening meal			
			
Drink	  	  	  

Factors that influence weight



Physical activity

Being physically active has vast health and wellbeing benefits, as well as reducing the chances of developing heart disease, some types of cancer, and mental health concerns.

Physical activity is a key element of weight control and health.

Stress and Mood

People respond differently to stress, for instance, some people may eat more, and others eat less. It can also impact the types of food that we choose to consume.

You may have heard some people say they prefer sweet or savoury foods. Ongoing stress can lead to unhealthy eating habits, where elevated cortisol levels can cause increased cravings for 'comfort' foods that are highly processed snacks or sweets, as well as a reduced motivation to prepare or cook balanced meals or even forgetting to eat.

Stress can also lead to disrupted sleep patterns, which can also lead to an increased consumption of caffeine or high-calorie sugary snacks to boost energy.

Together with
every mind matters

NHS Every Mind Matters and your local NHS Talking Therapies are there if you need further support with stress, anxiety or low mood.

wellbeing
Helping you live your life



Sleep

Research suggests that there is a link between how much people sleep and how much they weigh.

In general, children and adults who get too little sleep tend to weigh more than those who get enough sleep.

Why is it important to have a healthy weight?

Evidence shows that maintaining a healthy weight can lower the risk of heart disease, stroke, diabetes, high blood pressure, and many different cancers. People usually associate this with obesity and weight loss, but it can also be a problem if you are underweight. Maintaining a healthy balance will help you to live a healthy and longer life.



Around 63% of the population, that is 3 out of 5 adults are at increased risk of serious diseases and becoming ill because of being overweight.



If you're overweight or obese, your risk of developing associated health problems may be increased. These include conditions such as:

- **coronary heart disease**
- **high blood pressure**
- **stroke**
- **type 2 diabetes**
- **osteoarthritis**
- **gout**
- **some types of cancer**
- **asthma**
- **sleep apnoea**
- **male and female fertility problems**
- **lower back pain**
- **breathlessness**
- **depression**
- **low self-esteem**



During your weight management journey it's important to not become underweight. Being underweight could mean you're missing out on vitamins and minerals. This could lead to health problems such as a weak immune system and bone fractures.



What makes a healthy diet?

A healthy diet involves eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

Calories are a measure of the amount of energy in an item of food or drink. You will see the number of calories in an item listed on the packaging as "kcal". When we eat and drink more calories than we use, our bodies store the excess as body fat. If this continues over time, we may put on weight.

What about calories?

It is generally said that the average man should be eating 2,500kcal a day and the average woman 2,000kcal. But we are all unique and how many calories we need will depend on all sorts of factors not just our gender, but how physically active we are, our age and what our starting weight is amongst others.

It's important to get a rough idea of how many calories you should be eating a day depending on your personal circumstances.

There are lots of calorie calculators on the web which you can use for free. Search using 'calorie deficit counter' and you will find loads.

If you have referred into our Weight Management support ask your Feel Good Suffolk Advisor for more details.

Maximum daily guidelines

Total fat:	less than 70g
Saturated fat:	Less than 20g
Total sugars :	Less than 90g
Free sugars:	Less than 30g
Salt:	Less than 6g

Benefits of maintaining a healthy weight...

- Having a healthy weight can give you more energy, keep your heart healthy and help you sleep better.
- It may make it easier for you to move around and be physically active.
- It might improve your mood and your self-confidence.
- Reducing weight benefits joints because the body has less weight to carry around.
- It can increase your energy levels and help you feel less tired.
- It will reduce your risk of developing problems like high blood pressure, cancer and heart and circulatory diseases.

Combining food and moving is the best approach.

So losing weight through exercise alone is difficult. Exercise is a good way to keep weight off when you've lost it.

What's better for weight loss is the everyday non-exercise movements that keep us moving and not sat down. Pottering around the house watering plants, vacuuming or having a boogie to your favourite tune all help.

More importantly, being active is good for your heart health and your mental health. So find exercise that you enjoy, and the calories you burn will be a bonus.

This handy guide will help you to think about the proportions and amount of food you should be eating in any given day.

Portion Sizes and Food Group Ratio



CARB



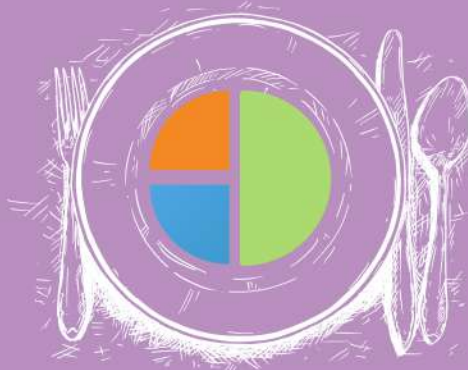
FAT



PROTEIN



VEGETABLES



Ditch distractions when you eat. Zoning out means you eat more.

Use small plates, they are harder to over fill and smaller portions look bigger!

Don't skip meals, you'll only overeat later.

Drink a glass of water 20 mins before you eat. You might find you were just thirsty

Be mindful and love every bite.

Eat slowly, it takes 20 mins for food to reach your tummy. It will stop you over eating.

These are general guides to give you an idea of what an average meal, or food you eat in a week/day should be made up of.

Portion sizes have got bigger over time and this handy guide gives you an idea of what a portion should actually look like.

Food Groups

How much you eat of each food group depends on all sorts of factors. There really isn't one size fits all. Some people will feel great on a high protein diet others will flourish with a low carb diet. The trick is to find out what foods work for you.

Above all, eat as many fresh whole foods as you can, keeping the ultra-processed foods to a minimum. Fill up on fibre and look after your gut.

Carbohydrates



Protein



Fat



Dairy & alternatives



Carbohydrates

Main source of energy



Carbohydrates (carbs) are the main energy source for our brains and bodies.



A portion is about the size of your fist
But adjust according to activity levels

There are different types of carb, and the type we eat combined with the way we eat them, changes how our body uses them.

Carbs all come from plants



Carbs power everything, from breathing and sleeping to running a marathon.



When we eat, our bodies break carbs down into simple sugars.

Sugar



Starch



Fibre



Quick energy
Not many nutrients

Break down into glucose more slowly

Helps to keep gut happy

Both have to be broken down into sugar for the body to use it

Isn't digested
scrubs bowels clean on its way through

These sugars are then absorbed into the bloodstream.



Extra sugar is stored for later use by converting it to fat.

Sugary Carbs



Sweets
Sugary drinks
Chocolates
Biscuits
Cakes
Jams
Syrups
Honey
Sugar

Starchy Refined Carbs



White bread
White rice
White pasta
White noodles
Processed cereals

Fibre Rich Carbs



Oats
Fruit
Veg
Lentils
Beans
Skin on potatoes
Whole grains

A bit more on sugar p,16...



Starch is sugar holding hands!



2 kinds of fibre

Soluble

Turns gel like in your body when mixed with water. This slows how quickly food moves through your body, makes you feel fuller for longer and controls your hunger, reduces your 'bad' cholesterol, and can stop you getting so tired throughout the day- avoiding 'the crash'.

Found in foods such as oats, beans, pears, carrots.

Insoluble

Doesn't go gel like in your body. Helps food move through your body.

Found in brown rice, spinach, bananas, berries

Fibre- our superfood



Diets rich in fibre are linked with good gut health and generally better health. Fibre is a type of carb that your body cannot digest properly, so instead of being broken down in to sugars like other carbs, it passes through your body.

Blood sugar

Fibre helps to reduce the spike of sugar in our blood

Healthy gut

Fibre feeds our 'good' gut bacteria, helping our immune system and metabolic health.

Lowers cholesterol

Soluble fibre traps cholesterol in our gut, instead of leaving through our poop. Also, the bacteria in our gut breaks down fibre, helping to lower blood cholesterol

Regular bowels

Both types of fibre can help you go to the toilet.

Heart

Diets high in fibre can reduce obesity and high blood pressure

Fat loss

Fibre can help us to feel fuller for longer, which means that we don't feel as hungry and eat less.



Starting a high fibre diet

- **Start small and drink lots of water.** Adding too much fibre too quickly can give us side effects such as gas, cramping and constipation.
- **Eat the skin.** Most of the fibre in fruit and vegetables are found in the skin, such as potatoes, apples and pears. Wash them first!
- **Whole grains.** Whole grains have way more fibre than white. Wholegrain pasta, wholegrain breads, brown rice and other whole grains are easy to find.
- **Add plant based proteins.** Beans and lentils are full of fibre but they are also a great way to add bulk to a meal to make it both healthier and cheaper. Try making Bolognese and swap half of the meat for lentils.
- **Add fruit, vegetables, nuts and seeds.** An easy way to add little fibre packed punches. Add in some spinach to soup or pop some berries and seeds on top of your morning bowl of Greek yogurt.

Carbohydrates as Sugar

Natural Sugar



Free Sugar

Fructose	sugar found in	Fruits
Glucose	sugar found in	Vegetables
Maltose	sugar found in	Grains
Lactose	sugar found in	Dairy

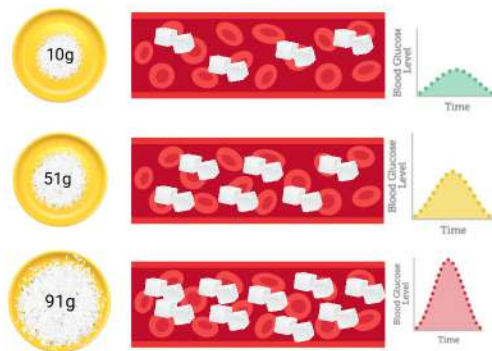
- Term used for all sugar added to food.
- From manufacturer, cook or consumer
- Added by food industry in large amounts

Eating too much sugar can make you gain weight and can also cause tooth decay.

The type of sugars most adults and children in the UK eat too much of are "free sugars".

The government recommends that free sugars should not make up more than **5% of the energy** (calories) you get from food and drink each day.

Sugar Control



Excess turned to visceral fat - that's fat that sits round your internal organs

Free sugars can be labelled as...



Hidden sugar

1 cup 11
1 cup 5
100g 5-7
1 1

High in sugar, check individual brands

Sugars also occur naturally in foods such as fruit, vegetables and milk, but we do not need to cut down on these types of sugars.

Be aware that these are included along with free sugars in the "total sugars" figure that you'll see on food labels.

6
5
4

11 +
7-10 yrs
2-6 yrs



Fruit juice releases some 'free' sugars in the juicing process. So only a small 150ml glass a day!

Dairy and Dairy Alternatives

3 portions a day

Pantothenic acid
Riboflavin
Iodine
Potassium
Protein
Phosphorus
72% daily B12 need

Great source of protein and calcium



HOO R YOO?

Unsweetened calcium-fortified dairy alternatives like soya milks, soya yoghurts and soya cheeses also count as part of this food group.

Build strong bones and teeth

A third of our Calcium from dairy

Stick to low fat and lower sugar options to keep choices balanced

Protein

Protein can be found in animal sources such as meat and dairy or plant sources such as bean and lentils.

If you are exercising more or you are breast feeding you will need to up your protein intake.

So, a woman who weighs 140lbs (64kg) should aim for about 100g of protein a day.



What you need

Here's how to calculate your protein needs:

In pounds: multiply your body weight by 0.7
In kilograms: multiply your body weight by 1.5

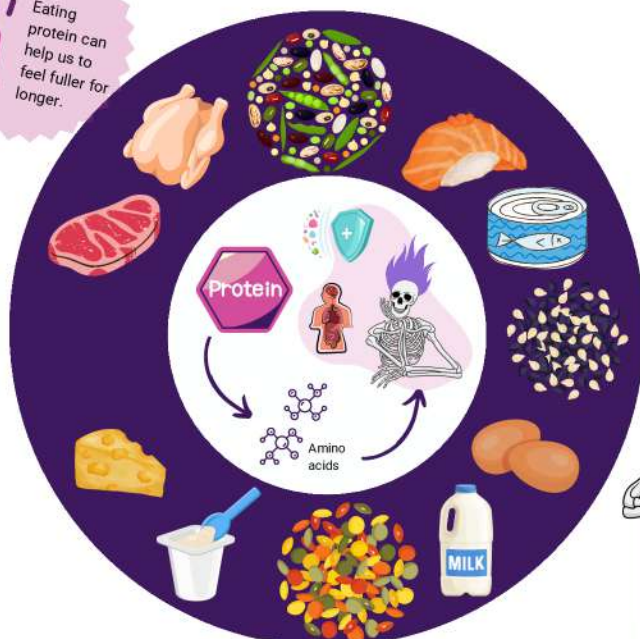
The number you get is a reasonable target for the amount of protein, in grams, that you should eat each day.



A 220lb man (110kg) should shoot for at least 150g of protein.



Eating protein can help us to feel fuller for longer.



Cutting back on red meat like beef, lamb, goat and pork is better for your health.



Proteins are found in every cell of the body and eating protein helps the body to repair itself and work properly. Its important to keep our bones & muscles health through our life.

Cutting back on processed meats like bacon, salami, hotdogs and ham will help lower risk of certain gut cancers.



Facts on Fats

Most fats and oils contain both saturated and unsaturated fats in different proportions.

As part of a healthy diet, you should try to **cut down** on foods and drinks that are high in **saturated fats** and trans fats and replace some of them with unsaturated fats.

All types of fat are high in energy



Just like carbs and protein, fat that isn't needed is converted into body fat.



Unsaturated Fat

A small amount of fat is an essential part of a healthy, balanced diet. Why not visit our website to find out more!

Fat is a source of essential fatty acids, which the body cannot make itself.

Monounsaturated Fat
Helps good cholesterol and fights bad cholesterol.

- Make hormones work
- Body can't make Omega's

Fat helps the body absorb vitamin A, vitamin D and vitamin E.



Polyunsaturated Fat

Omega-6 Found in vegetable oils such as rapeseed, corn, and sunflower and some nuts and seeds.

Omega-3 Found in oily fish. Also in walnuts, soya, tofu and flaxseeds.

DID YOU KNOW?
Walnuts have been linked to increasing gut microbiota which have beneficial effects!

Saturated Fat



Eating too much saturated fats in your diet can raise "bad" LDL cholesterol in your blood, which can increase the risk of heart disease and stroke. Saturated fat tends to be solid at room temperature. It's found in cakes, pastries, some meat and dairy.



Less than 10% of daily intake



Needs



Up to 20g saturated fat a day



Up to 30g saturated fat a day

Added Transfats

Like saturated fats, trans fats can raise cholesterol levels in the blood. Most trans fats are added in the industrial process, though you do find some natural trans fats in red meat.

- Diabetes
- Alzheimer's
- Retina problems
- Gall stones
- Cancer
- Liver problems
- Infertility



Check your biscuits!



Used in industrially produced food to extend shelf life.

If label says "partially hydrogenated" oil then it has trans fats in it.

Processed Foods and Ultra-Processed Foods

The words processed and ultra processed are often used as negative terms, but what do they actually mean?



Is ultra processed food unhealthy?

The consensus is ultra processed food is not good for our health. Diets high in processed food have been strongly linked to weight gain, heart disease, cancer and even death.

Ultra-processed foods:

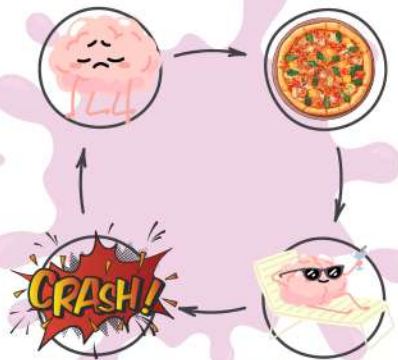
Ultra-processed foods tend to include many additives and ingredients that are not typically used in home cooking. These foods generally have a long shelf life.

Ultra-processed foods normally contain lots of added salt, sugar, fat and chemical additives.



Ultra-processed foods make us want more and more of them so that we over consume.

After eating ultra-processed food we get a spike in dopamine, making us feel good. But after a while we feel terrible once we crash and we crave more.



Top 10 Addictive Foods

1. Pizza
2. Chocolate
3. Crisps
4. Biscuits
5. Ice cream
6. Chips
7. Cheeseburgers
8. Fizzy drinks
9. Cake
10. Cheese



Unprocessed or minimally processed foods:

This includes produce such as fruit, vegetables, milk, fish, pulses, eggs, nuts and seeds that have no added ingredients and have been little altered from their natural state.

Processed ingredients:

This includes foods that are added to other foods rather than eaten by themselves, such as salt, sugar and oils.



Processed foods:

These are foods that are made by combining foods from groups 1 and 2, which are altered in a way that home cooks could do themselves. These can be They include foods such as jam, pickles, tinned fruit and vegetables, homemade breads and cheeses. These can be healthy but watch out for sugar, salt and fat levels.

Pasteurising, canning, freezing, drying and fermenting food are all types of processing.



Eat less of this kind of food

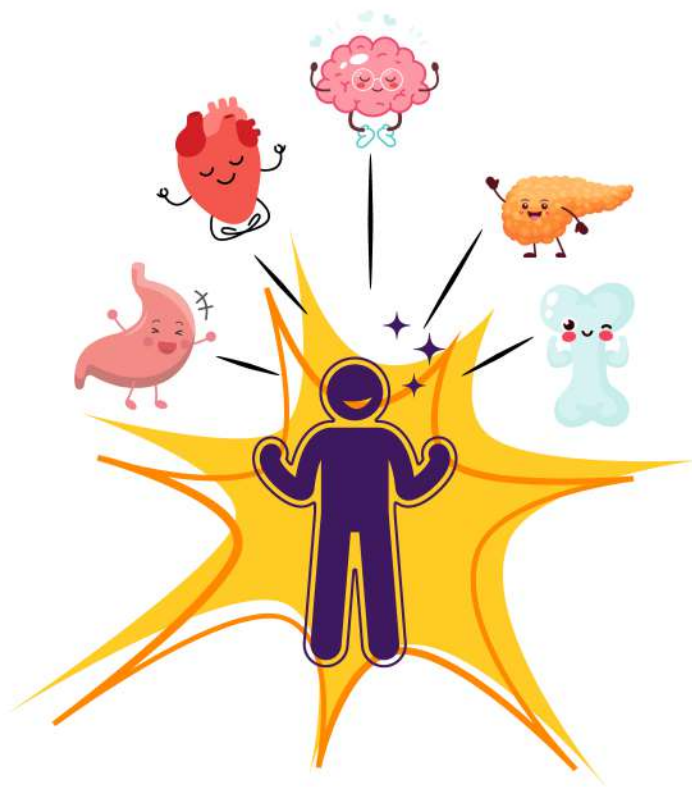


How to lose fat?

Loosing fat is hard- if it was easy, we would all be at our perfect weight and it wouldn't be an industry worth billions. Unfortunately, there is no easy answer, no quick fix, no magic pill (and if there is, it probably isn't very good for you).

We want to show you that losing fat can be fun! It can teach us to better understand our bodies. If we better understand how our bodies work, we can work toward not only looking better but feeling better, reducing health issues, having more energy but also just being happier.

Whilst we all need different things to lose fat in a healthy way, there are a few things that we should all be doing. The single most important thing we need to focus on is nourishing our body!



Once a week



Slow and steady



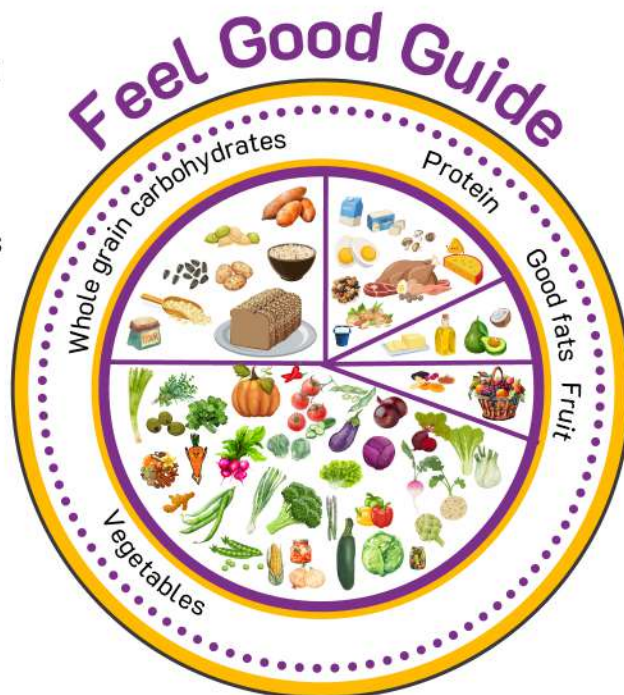
How much to eat

In its most simple form, we need to eat slightly less calories than our body needs with foods that suit our bodies. Some people can do this intuitively, other people will need to count.

- It is important to cut your calories slowly!
- Work out how many calories your body needs to stay the same weight as it is now. Then subtract 50-100 calories from this number.
- Use this as your daily calorie allowance for the week.
- On the same day and time each week, take your weight and measure your waist.
- Once a week you can use these numbers to see if you need to increase or decrease your calories further.
- If you are losing more than 1-2lbs a week, this is probably too much, and you might want to bring your calories up a bit.
- If you have started exercising it is possible to gain some weight but lose size around your waist, so be patient with the process.
- For those without a history of disordered eating, we recommend having a go at counting your calories. It can be very interesting to see how many calories that "healthy" spoon of peanut butter might have.



There is increasing evidence that we all need to be eating more vegetables and less starchy carbs. This Feel Good Guide is a good starting point because it places more emphasis on the whole foods, vegetables. It gives you the right proportions of protein, fruits and good fats. This plate might work well for you, but there are all manner of strategies you can use to manage your weight. It's all about finding what works for you.



Cutting any food group out totally isn't a good idea but you may want to try a lower carb strategy. Here's an idea of the proportions of each food group for a low carb plan.

With increasing evidence that our gut bacteria are important to our health and how we feel here is an idea of the foods you should be concentrating on eating to keep them all happy!



After a big workout...

- Eat your largest meal of the day after exercise
- Eat more vegetables than fruit with this meal
- Choose mostly whole foods with minimal processing



Eat more Whole Foods

Whole foods generally contain more nutrients and are normally better for our health. High quality protein and fibre can help us feel fuller for longer and are normally harder to overeat! Try to eat the rainbow- try having at least 2 different coloured foods for every meal (beige does not count)

Eat vegetables before your meal

This simple trick means that our body uses the fibre from the vegetables to lessen the glucose spike of any foods that follow. The fibre arrives in gut and lines our intestines, creating a protective layer that slows and reduces the absorption of glucose into the blood stream.

Keep your fruit whole

When you blend fruit in to juice it gets rid of all the fibre. Fibre helps to slow down how quickly your body turns the fruit in to sugar, slowing down reducing insulin and glucose spikes.

Do not eat your starchy carbs alone, dress them!

By adding protein, fat or fibre to them can stop your blood sugar spiking e.g. instead of toast and jam, try toast with scrambled egg.

Have vinegar before a meal

This one might seem unusual to begin with, but science shows us that a tablespoon of vinegar before a meal can reduce the glucose spike of that meal by 30% and insulin spike by 20%. That means our hunger will be better managed, our energy more consistent and our body will spend more time in fat burning mode.

Have desert instead of a sweet snack

If we eat desert straight after our meal, the foods we have eaten before hand help to flatten our glucose spike.

Fill up on Fibre

Eating more fibre and plants helps to feel fuller for longer and supports our gut health. Foods such as onion, garlic, leeks, bananas and oats are high in prebiotic fibre, which feed the "good" bacteria in our gut.

Reduce ultra-processed food.

Ultra processed foods, whilst tasty and convenient are normally filled with artificial ingredients and added sugar, fat and salt. These foods are linked with health conditions such as Type 2 diabetes and heart disease. Research shows that this might be because these foods feed our 'bad' bacteria and starve our 'good' bacteria.

You don't need to completely avoid these foods but be mindful they aren't as good for our health and can be easy to overeat.

Have a savoury breakfast

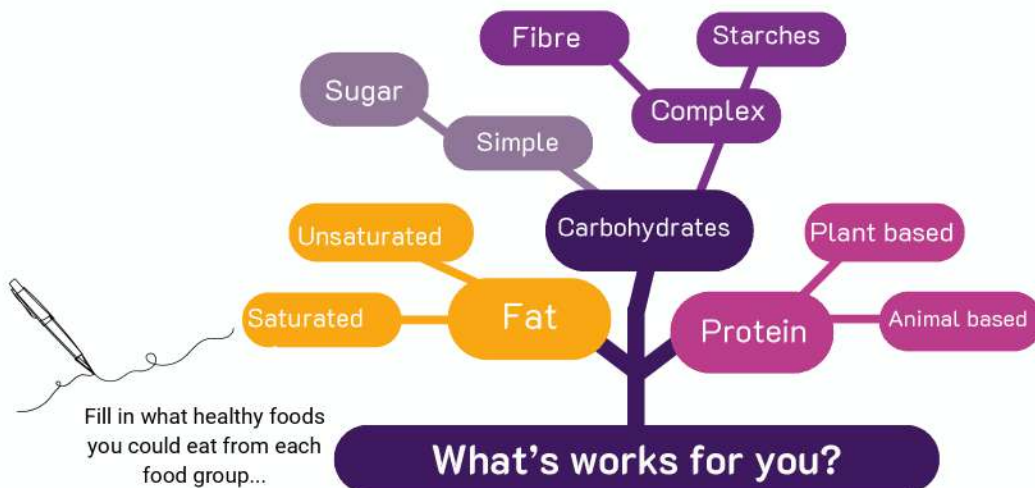
It can be easy to crave something sweet in the morning, as we want a quick fix of energy after not eating for a while. But it turns out having a sweet breakfast might be making us more tired. A sweet breakfast can give us a glucose spike that means we get an energy crash later in the day (cue mid afternoon slump).

Fermented foods

Fermented foods, such as live yogurt, kefir, kimchi, sauerkraut, aged cheese and kombucha contain probiotics like those found in our gut. Changing our gut microbiota to have better bacteria can help with weight loss and reduce risk of developing disease. Try eating them little and often, to give the best chance of sticking around and making a difference.

Move after eating

Taking a 10 minute walk, or even doing some house work after you eat means your muscles use the glucose instead of it going to your fat cells



Make way for change

In most cases, carrying too much weight is related to what we do (or don't do), generally related to food and drink consumption, and how much we move.

Understanding our own behaviours that contribute to gaining or keeping extra weight is key to losing weight and keeping it off.

If we understand our habits etc related to food and movement, we can spot the unhelpful ones and start to change them.



Things that we do can contribute to weight gain include

Eating large high calorie portions at meal times



Eating late at night



Snacking



Lots of sedentary time



Eating a lot of highly processed fat and sugar



What are your main contributions?



Goal setting is an essential part of life. We all need goals to help guide our lives towards what is important to us. However, we are often discouraged, or even scared, about setting goals. Most of us will also be scared of failure, preferring not to set any goals in order to avoid disappointment.

When you are creating your goals and action plans, you are much more likely to do them if they are...

Specific **M**easurable **A**chievable **R**elevant **T**imed

Rather than...

- I am going to exercise more...
- I want to lose weight...

- I want to lose 2 stone in 10 months.
- I am going to leave early 3 days a week to walk the next bus stop along to work

My Goal

My Milestones

What needs to change

Action Plan

Having a goal gives you something positive to work towards and helps you recognise your progress. Talk to your friends and family about them. Set yourself achievable goals and celebrate when you reach your goal!

- Think about what the options are
- Start at a level that's right for you
- Build up gradually, at your own pace



My long-term goal

What would you like to achieve in the next few weeks or months? How would you like to feel?

Example:

"At the moment I rely heavily on processed foods, by the end of the month I will be cooking more food from scratch"

My short-term goals

Try to make these goals as specific as possible and include:

- What you'll do
- When you'll do it
- How long you'll do it for
- Who you'll do it with

My first short-term goal
I will...

When will I do this?

Where will I do this?

Who will I do this with?

Short-term goals help you gradually build up your activity levels to help you achieve your goal.

Example:

"I will cut out a cup of tea in an evening, so I'm not tempted by biscuits."

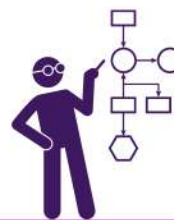
Tip:

Work towards your goal with another person – it can be easier to stay motivated when you have company.



It's all in the planning

What things might stop you achieving your short term goal? It could be the weather, feeling unwell or other commitments. Think about how you can overcome them.



Things that could get in my way.

Too busy to cook

To overcome this, I will...

Batch cook on my day off to make busy days easier

If you don't achieve your goal, that's OK. Don't be disappointed with yourself. Think about what you did achieve, no matter how small.

Take some time to think about why you didn't achieve your goal...

- Was it too difficult?
- Did you give yourself enough time?
- Did you get enough support?
- Did you actually change your eating habits?

Be honest with yourself. Also be kind to yourself and return to an easier activity if it was too hard. Or think about making changes to your goal to make it more achievable next time.

It's a good idea to take a note of what you are doing and how you are feeling when filling out your food diary. This will help you to understand your decisions and choices and make it easier to see where you can change behaviour.

Monday	Breakfast	Lunch	Dinner	Snacks
Notes				
Tuesday				
Notes				
Wednesday				
Notes				
Thursday				
Notes				
Friday				
Notes				
Saturday				
Notes				
Sunday				
Notes				

Recording what, when and why can help you understand a lot about your eating and activity patterns, and areas for change. It will help you:

- Identify your triggers for eating
- Realise patterns in your eating or activity that you may not have noticed before
- Find which changes to your lifestyle are likely to be most useful
- See what you've achieved once you've made changes
- Monitor whether you have achieved your healthy lifestyle objectives
- Comments and notes could include things like hunger, fullness, cravings, stress/mood, activities, 5 a day or how many glasses of water you drank!

Activity Tracker

Morning	Afternoon	Evening	Notes

Keeping records of how well you have worked towards your goals each week is essential to review your progress and help you continue to reach your goals. Use the worksheet below and comments box to record how you felt trying to reach your goals and what may have stopped you if you did not manage.

Whilst it is great when you can reach your goals, you may find that this is not always possible within the time frame you have set yourself. Maybe you set a goal that was not achievable and needed breaking down. Or possibly the time frame was too ambitious. Not always being able to reach the goals you set yourself is perfectly normal and to be expected.

Goal	Comments
<p>Today's date - I can do this now</p> <p>0 1 2 3 4 5 6</p> <p>Not at all Occasionally Often Anytime</p>	
<p>Review 1 - I can do this now</p> <p>0 1 2 3 4 5 6</p> <p>Not at all Occasionally Often Anytime</p>	
<p>Review 2 - I can do this now</p> <p>0 1 2 3 4 5 6</p> <p>Not at all Occasionally Often Anytime</p>	
<p>Review 3 - I can do this now</p> <p>0 1 2 3 4 5 6</p> <p>Not at all Occasionally Often Anytime</p>	
<p>Review 4 - I can do this now</p> <p>0 1 2 3 4 5 6</p> <p>Not at all Occasionally Often Anytime</p>	

Measurements Tracker

Gender

Height

Age

1 month on

3 months on

6 months on

1 year on

Todays date

Weight

BMI

Waist
Circumference

Waist to height
ratio

Other Resources

We have a range of downloadable support available not just for Weight Management but also for Smoking Cessation and help to make changes to your lifestyle in general. Take a look on our website for details.

Feedback Welcome

If you have any feedback, good or bad, any suggestions or indeed anything you'd like to share with us we are keen to hear from you.

feelgoodsuffolk.co.uk

A large, empty rectangular area with rounded corners, outlined in a dark purple color, intended for taking notes.

A large, empty rectangular area with rounded corners, outlined by a thick purple border, intended for taking notes.