

## - Health / Nutrition

## Eat well to stay well is the favourite recipe to your weight loss success

Dodging a diet? You're in good company! Celebrities Gemma Collins, Adele and Simon Cowell all went public over their struggles to lose weight. But they were successful. And you can be, too!

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THE DANGERS of being overweight are well known, triggering conditions like diabetes and heart disease.



running and cycling to walking and even dancing around your kitchen counter!  
For help and motivation, download the free NHS weight loss plan [nhs.uk/better-health/lose-weight/](https://www.nhs.uk/better-health/lose-weight/) And tap into delicious, healthy recipes on the Easy Meals app [nhs.uk/oneyou/app/](https://www.nhs.uk/oneyou/app/)

However, the pandemic has given us a wake-up call to get healthy. There is help out there, much of it free. Here are five top tips to get you started...

### 1 SET WEIGHT LOSS GOALS

Get on the scales to find out what you weigh and then state how much you want to lose. A healthy rate of weight loss is one to four pounds per week. Losing weight at a slow and steady pace gives you the best chance of maintaining your progress long term. Keeping a record of your progress helps you stay motivated.

### 2 MAKE HEALTHIER FOOD CHOICES

Eat fewer foods high in calories, fat, salt and sugar and swap them for something healthier, including more fruit and vegetables. Five a day includes green vegetables, fruit including canned and salad. Read the nutritional information when checking for calorie, fat, salt and sugar content on pre-packed foods. Easy swaps include whole milk for semi or skimmed milk and white breads, bagels and muffins for whole grain varieties.

Choose leaner cuts of meat and swap the frying pan for the grill when cooking meat.

### **3 PLAN YOUR MEALS**

Pick a method that best fits your routine and, if appropriate, allows for family meals. You may decide to batch cook all of your meals so you can easily grab individual portions. Alternatively, you may prefer to cook daily.

### **4 TREAT YOURSELF**

You don't have to miss out completely on the foods and drinks you love, just have them less often and in smaller amounts.

### **5 GET ACTIVE**

Aim for 20 minutes a day.

This includes everything from running and cycling to walking and even dancing around your kitchen counts!

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