



Shopping List:
✓ Blackberries
✓ Lettuce
✓ Kiwi
✓ Peppers
✓ Apples
✓ Tomatoes

Week 1

Getting the balance right

Let's chat about:

- What you are currently eating
- Assess the changes that you need to make
- Set sustainable and achievable goals

The first step is completing a FOOD AND DRINK DIARY. WHY?

A food and drink diary is a detailed account of your eating and drinking habits that helps you see where your calories and nutritional intake comes from. It pinpoints problem areas by highlighting nutritional strengths and weaknesses.

Recording your food and drink intake can help you answer some of the following questions:

- Am I reaching the recommended 5 A DAY target of fruit and vegetables?
- Am I getting enough fibre and protein?
- Am I drinking enough water?
- How does eating make me feel?
- What are my triggers to eat?
- What are my eating habits and routines?

Seeing everything you eat and drink in black and white is the first step to help change behaviour.

Now it's time to put your good intentions into practice!

If you don't write down what you eat and drink it can be very easy to forget about that Danish you had with your morning coffee or the pack of crisps you ate on the way home from work.

There are many ways to keep a food and drink diary – you can use MyPTHub to log your food and drink, you can create an excel, write down what you are eating on paper or use your smartphone to log.

From the start of the programme, complete your diary daily.

Record everything that goes in your mouth, even just little tastes and nibbles!

That will give you an understanding of your current habits and help you get the most from this 6-week programme.

Tips to help with recording:

WRITE AS YOU EAT

If you wait till the end of each day to write up your diary, you're more likely to forget something

you snacked on earlier during the day. If you don't have your diary with you then just make a note of what you ate or drank then transfer it to your diary later. Ensure that you record everything you eat or drink, every bite, sip or snack.

Set yourself a time limit for recording things e. g. within 15-20 minutes of eating or drinking anything you will have written it down. See table A

GO INTO DETAIL

Record the time of the meal or snack, type of food consumed (e.g. shop bought or homemade) and where you are eating (e. g. restaurant, desk, home).

You may also want to add notes on what activity you were doing while eating, your mood and how hungry you were when eating. These added details will help reveal any patterns you have and also any triggers that lead you to eat.

Table A: Here's what your FOOD AND DRINK DIARY can look like:

TIME	Description	Bought or Home made	Portion Size	Drink
7:00am	Egg on toast	Home	1 egg, 2 slices of toast	Mug of tea
12:30pm	Ham salad roll with packet of chips	Bought	1 large brown roll, salad and ham	Can of IRNBru
3:30pm	Mars bar	Bought	50g	Latte small mug
7:00pm	Steak & chips with peas	Home	200g steak, 2 handfuls of chips, 4 tbsp peas	1 glass large red wine

RECORD THE PORTION SIZE

Record the amount of every food you eat. For example:

Half a bagel = 1 starch and 2 level tablespoons of reduced fat spread = 1 fat.

Use standard measuring utensils to measure your portion sizes – it provides you with exact information regarding what you are eating and drinking, and it will help you become familiar with standard serving sizes.

IF YOU SLIP UP, DON'T PANIC

Even if you do have a 'bad' day and overdo it with the treats or snacks, it is not the end of the world. You may not want to write it down in your diary but do!

Writing it down and accepting what happened will help you to gain back the control of your eating. Remember that you are making a long-term lifestyle change. We all have days when we could have done better; accept it happened and learn from it.

NO NEED TO COUNT CALORIES

Things you need to focus on include:

Is this meat lean? Is this white or wholemeal? Is this butter, low fat spread or margarine? These choices are what will affect brain, heart and overall health.

MONITOR YOUR EXERCISE

Along with your food and drink diary, record the type of exercise or activity you do and for how long. Give yourself credit for taking the stairs instead of the lift or taking the dog for an extra 5 minutes walk. This will help you see how diet and energy expenditure are linked.

Remember this diary is for your eyes only. Be honest with yourself. Record all the details to get the full benefit of the process.

TIPS FOR SHOPPING TRIPS

1. Use a shopping list

Before you set off to the shops always make a shopping list.

Make a menu plan for the week ahead and buy just what you need. Better still, buying online will remove any temptation.

Having a routine will help eliminate mid-week trips to the shops and stop you from buying foods you don't need.

2. Don't shop on an empty stomach

Everything you see looks appetizing when you are hungry,

and you will grab anything that's quick and easy. If you are hungry, have a healthy meal or snack before you go shopping, that will keep you satisfied until you get back home again.

If you think shopping in store means you won't be strong enough to resist the urge to buy those unhealthy foods, then do your shopping online with a shopping list and only buy what you need.

If you do fancy a treat, then buy the 'snack' or 'mini' size version and avoid multi-packs. You may think they're value for money, but they may be too tempting to resist, and you may then end up overeating.

FRESH START!

Now that you are committed to a healthy eating and weight loss programme, it may be a good idea to clean out your cupboards. If your cupboard is full of chocolate, biscuits, crisps and sweets NOW is the time to have a clear out and take them to the office tea room for colleagues!

It's hard to avoid overeating when you are faced with all your favourite foods.

Here are some tips to help keep you on track. **See Table B**

ACHIEVING GOALS SUCCESSFULLY

- Do you eat on the go or multi-task while you eat?
- Do you notice what you are eating and how much?
- Making time to eat and eating mindfully is important.
- Get away from your desk to eat and eat consciously.
- If you enjoy what you are eating, you are more likely to feel satisfied.

Set **SMART** Goals and use these tips to create goals to focus your outcomes:

SPECIFIC - Write down exactly what you want to achieve e.g. "I will use skimmed milk instead of whole milk" whereas "I will reduce the fat in my diet" is a non-specific goal.

MEASURABLE - Can you measure whether you have achieved your goal? A measurable goal is: "I am going to swim 3 times a week" and a goal that is difficult to measure is "I am going to become fitter".

ACHIEVABLE - Your goal should be realistic and achievable e.g. "I am going to swim 10-15 lengths of the pool" is achievable, "I am going to swim 100 lengths of the pool" is probably unachievable at this stage.

REALISTIC - The goals you set must be relevant to your overall long-term goals.

TIMELY - Set a time frame for each goal e.g. "I want to lose weight" has no time frame whereas "I want to lose 2kg in four weeks" has a time frame.

MAKE EXERCISE A MUST!

While working on changing your eating habits, do increase your activity levels.

One of the most common excuses for not exercising is lack of time.

To help overcome lack of time, schedule in your exercise time as you would a meeting or a lunch date, even just 10 minutes when you are busy is better than nothing.

For good health, adults should be getting at least 150 minutes of moderate-intensity exercise every week such as - brisk walking, cycling, dancing or pushing a lawn mower.

OR

75 minutes of vigorous-intensity exercise such as - running, swimming, skipping or walking up the stairs.

OR

A mix of moderate and vigorous-intensity activity each week such as - 2 x 30-minute runs plus 30 minutes of fast walking.

In addition, we should have muscle strengthening exercise at least 2 days per week that targets all the major muscle groups.

To help achieve your recommended activity targets aim to do 30 minutes of exercise on at least 5 days per week. If you are trying to build an exercise habit, the 30 minutes can be split into smaller chunks of time. Try SNACKTIVITY which could be 3 sessions of 10 minutes of exercise spread throughout the day.

Table B

SWOP	FOR
Streaky bacon	Back bacon
White bread	Wholegrain
Whole milk	Skimmed milk
Biscuits and sweets	Dried fruit and nuts
Fizzy drinks	Fruit juices or water