



CANCER  
RESEARCH  
UK

# 10 TOP TIPS FOR A HEALTHY WEIGHT



 **WEIGHTCONCERN**  
BY THE NUTRITION SOCIETY

Keeping a healthy weight has loads of benefits, and one of the biggest is that it reduces the risk of cancer.

You won't be surprised to hear that keeping a healthy weight boils down to three things: eating healthier foods, eating less, and getting more active.

But actually doing that can be tough. These 10 weight loss tips are based on scientific evidence and can help you make healthy habits that are easy to do every day.

So, let's get going.



## MAKE YOUR CHANGES STICK



**Plan ahead:** Think about how you'll fit the tips into your daily routine. Doing each tip at a similar point each day makes it easier to turn it into a habit.



**Be realistic:** The sooner you build the tips into your life, the quicker you'll start losing weight. But realistically, it can be difficult to make lots of changes all at once. Try starting with one or two until you feel confident enough to move on to the others.



**Track your progress:** Whether it's using your phone, a calendar or a notebook by your bed, record-keeping helps make your changes stick.

# 10 TOP TIPS FOR A HEALTHY WEIGHT



## KEEP TO YOUR MEAL ROUTINE

Eating at roughly the same times each day, whether that's 2 or 5 times, helps avoid unplanned meals and snacks.



### Plan to succeed

Pick an eating pattern to fit your daily routine - check in at the end of the day to see how you got on.



## GO REDUCED FAT

High calorie fatty foods like fast food, some meats, butter and cream can make you put on weight.



### Go for good fats

Cut down on fat, choose reduced-fat dairy products and go for small amounts of healthy fats from plant oils (like olive or rapeseed), nuts and oily fish instead.





## WALK OFF THE WEIGHT

---

Try reaching 10,000 steps each day. It might sound a lot, but start with small increases and you'll soon up your steps. A pedometer (or smartphone app) can help you keep track.



### Step up

Taking the stairs, walking up escalators and getting off one bus stop earlier all add up.



## PACK A HEALTHY SNACK

---

If you snack, having healthy options on standby helps you dodge chocolate or crisps.



### Snack smarter

Pack healthy choices like fresh fruit, plain yoghurt or a small handful of plain nuts.



## LOOK AT THE LABELS

---

Food labels can help you compare packaged foods and pick options higher in fibre and lower in fat, salt and sugar.



### Labels at a glance

In a hurry? Look out for red, amber and green colour-codes on food labels. The more green you see on the label, the healthier the choice is. Find out more at [www.nhs.uk/foodlabels](http://www.nhs.uk/foodlabels)

# 6

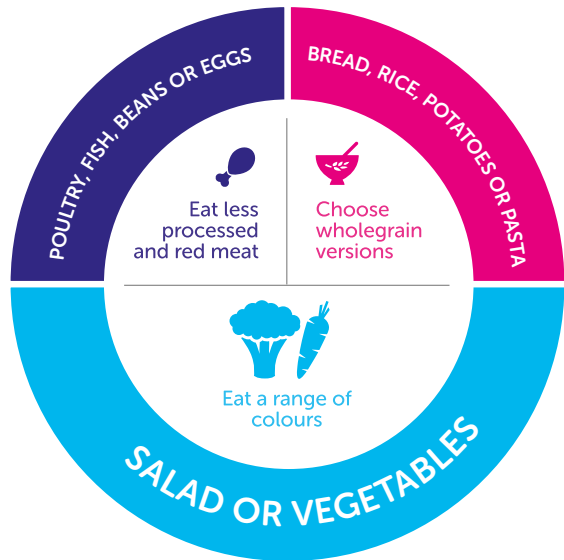
## CAUTION WITH YOUR PORTIONS

How much you eat over the day is as important as what you eat. Try using the picture below to help you plan your meals. It can also help to eat off a smaller plate.



**Get the right foods in the right amounts by:**

- Filling half of your plate with colourful vegetables
- Filling a quarter with high fibre wholegrain foods like brown rice or whole wheat pasta
- Filling a quarter with a healthy protein like fish, fresh chicken or pulses like beans and lentils.



# 7

## UP ON YOUR FEET

Sitting less has many benefits beyond just weight loss.



**Break up sitting time**

Stand more anywhere, anytime - on the bus or train, during TV adverts, or while on your phone.



## THINK ABOUT YOUR DRINKS

---

Alcohol, fizzy drinks and energy drinks can be high in sugar and calories. And fruit juice is high in natural sugar, so stick to no more than one small glass a day.



### **Make water your first choice**

And if you fancy mixing it up, try adding lemon to drinks or having sugar-free squash.



## FOCUS ON YOUR FOOD

---

Over-eating is all too easy while on the go or in front of the TV.



### **Slow down**

Eating slowly while sitting at a table is a surprisingly effective way to eat less.



## DON'T FORGET YOUR 5-A-DAY

---

Having fruit or veg at every meal makes it easier to get your 5-a-day.



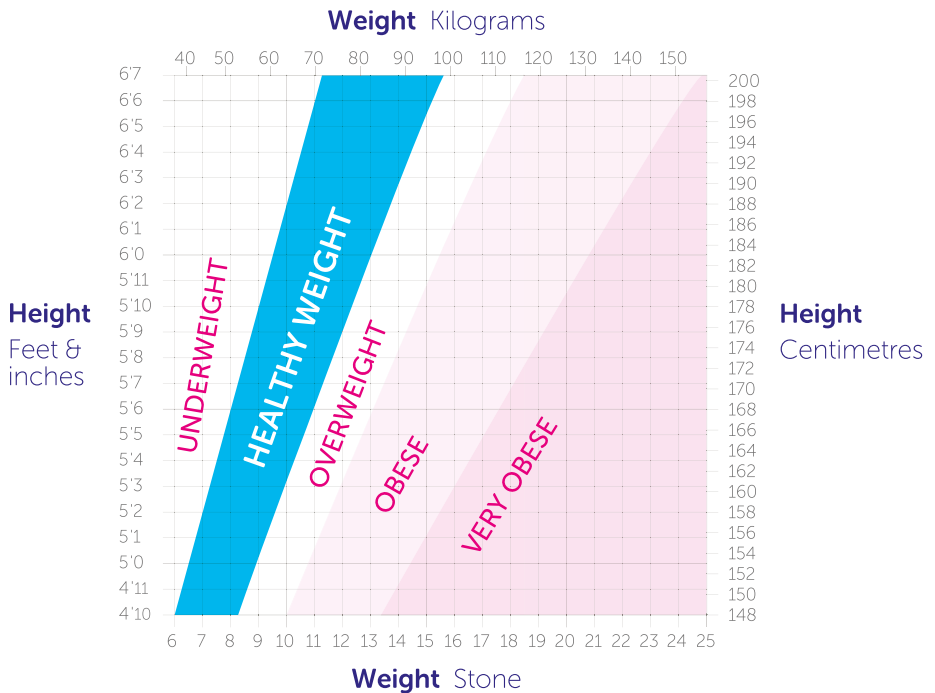
### **Freezing is pleasing**

Fruit, veg and pulses don't always have to be fresh - frozen and tinned are good for you too.

# WHAT'S A HEALTHY WEIGHT?

The Body Mass Index (BMI) is a simple tool to work out the healthiest weight for an adult, based on how tall they are.

Find out what your BMI is by finding your height and weight on the chart below.



BMI is a useful guide for most people but isn't accurate if you're under 18, a professional athlete, pregnant or breastfeeding.

If you think you need more support to reach a healthy weight, you can speak to your GP, nurse or pharmacist who'll be able to help. They may be able to refer you to a weight management service.

# 4 IN 10 CASES OF CANCER IN THE UK CAN BE PREVENTED

So we're supporting people to reduce their cancer risk

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to [www.cruk.org/leaflets](http://www.cruk.org/leaflets)

## HOW TO FIND OUT MORE

 We're online...

You can find out more about keeping a healthy weight at [www.cruk.org/weight](http://www.cruk.org/weight)

If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at [www.cruk.org/health](http://www.cruk.org/health)

 ...and on the phone

Our Nurse Helpline is there if you're looking for any information or support. Just call **0808 800 4040**.

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**.



LET'S BEAT  
CANCER SOONER

Ref: RTR400 July 2017  
Due for review by: July 2019  
Registered Charity in England and Wales (1089464),  
Scotland (SC041666) and the Isle of Man (1103)

