

**Eat Well
Feel Great
Lose Weight**

Easy read



Why losing weight can help

You may feel happier and more confident



You will have more energy



You may sleep better



You will be healthier and may live longer



What is BMI?

- BMI tells you if your **weight** is healthy for your **height**
- You need to know your **weight** and **height**
- You can use an online tool to work it out: **NHS BMI Calculator**.



Weight

+



Height

to calculate **BMI**



Set a Goal

Try to **lose a little weight at a time**



Make **small goals each day**

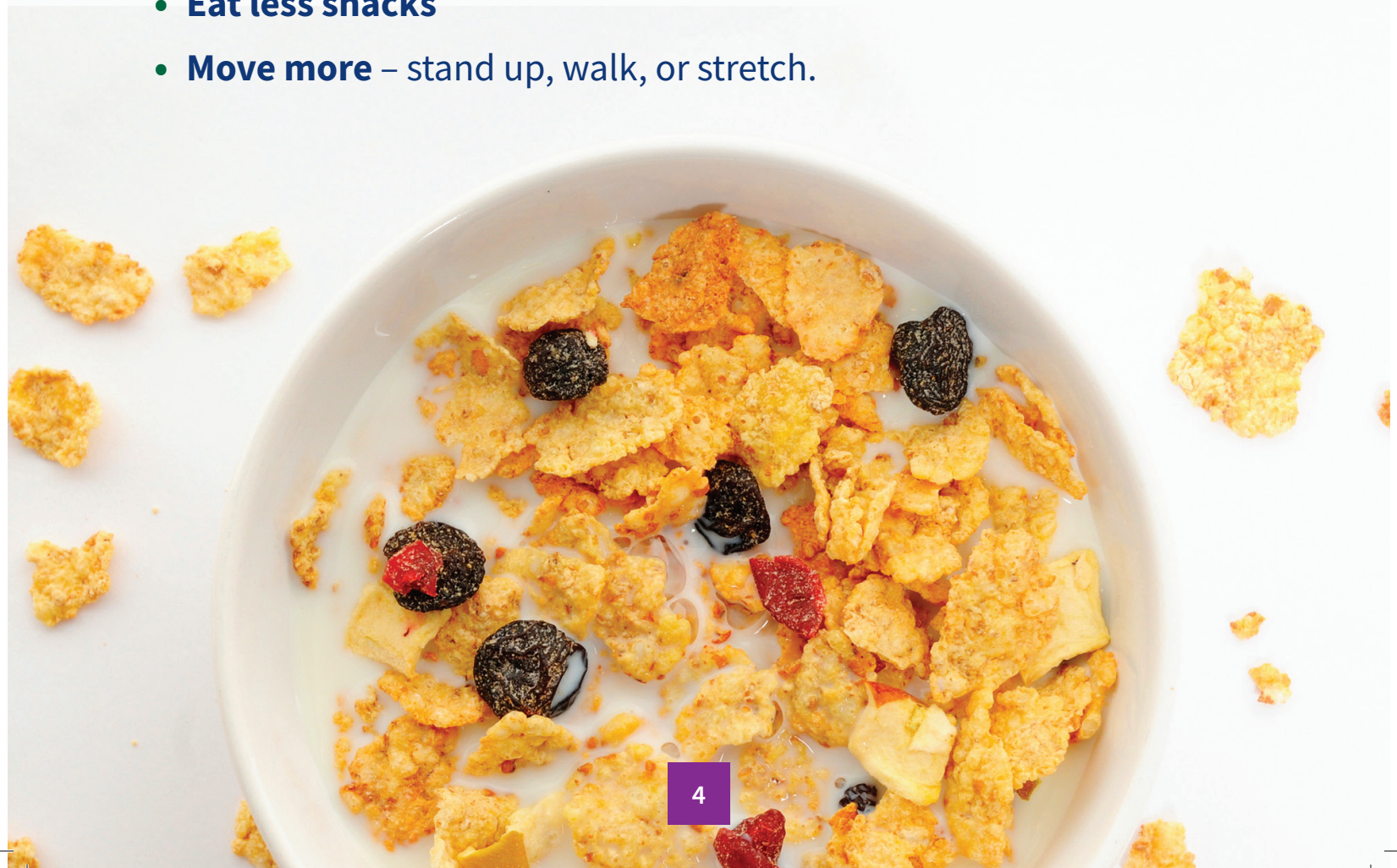


Go for a **short walk every day.**



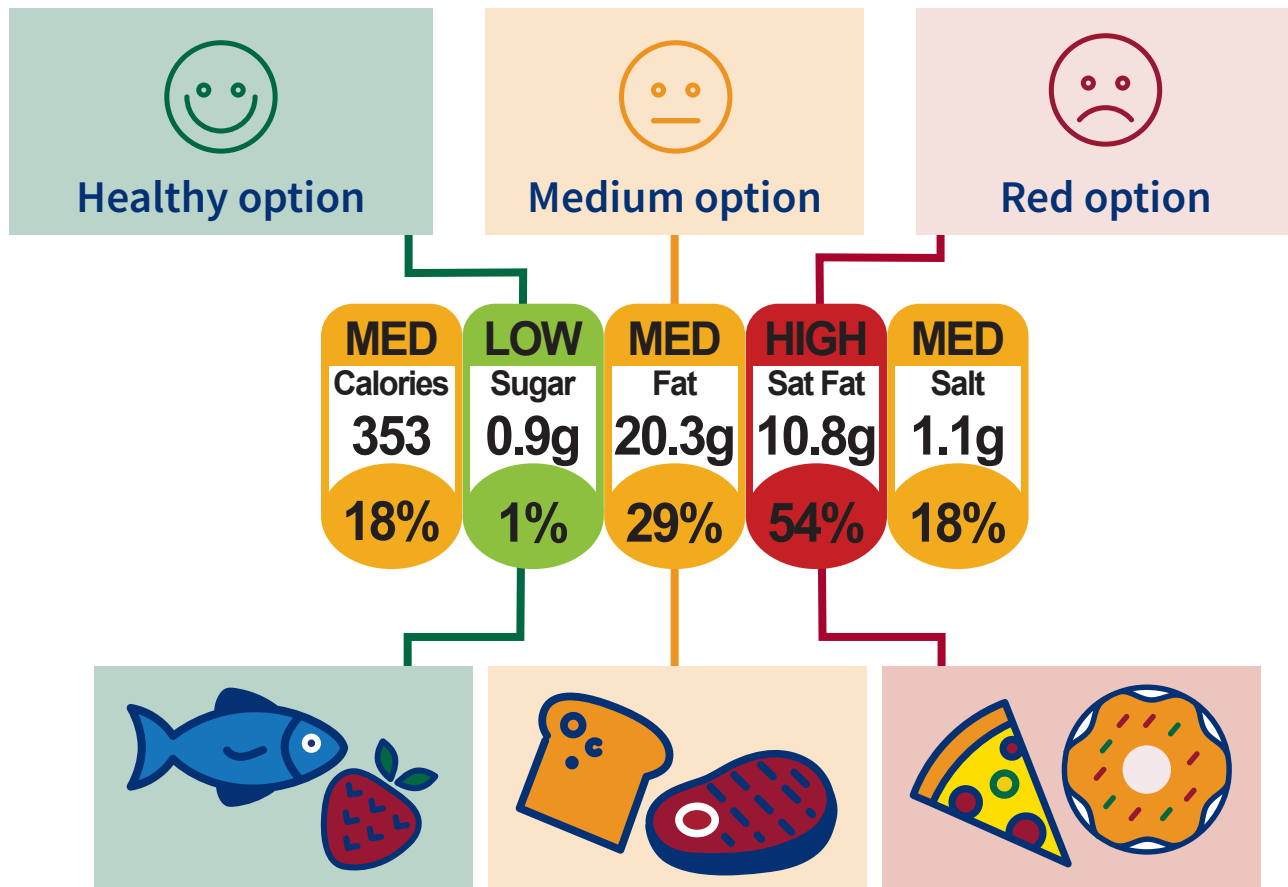
Make a Plan

- **Plan your meals** each week
- **Eat** breakfast, lunch and dinner
- **Check portion sizes** – see Eatwell Guide
- **Eat less snacks**
- **Move more** – stand up, walk, or stretch.



Shop Smart

- Write a shopping list and try to **keep to healthy choices**
- Choose foods with **more green and amber on the label**
- Look at **food labels**:

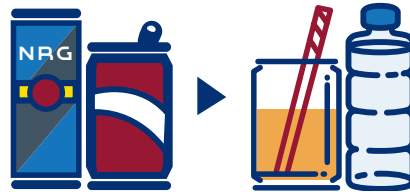


Easy Swaps

Swap this

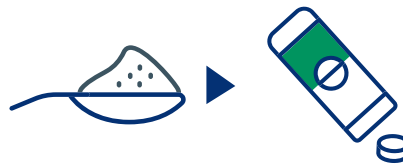
For this

Sugary drinks,
including fizzy and
energy drinks



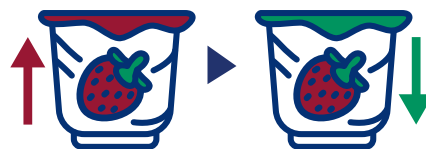
Sugar free/diet
drinks or water

Sugar/Syrups



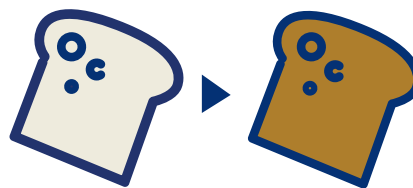
Sweetener/Sugar
free syrups

Full fat yoghurt/
chocolate pots



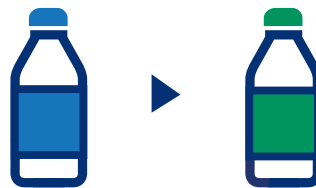
Fat free yoghurt/
fromage frais

White bread



Wholemeal bread

Whole milk



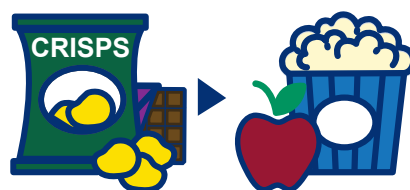
Semi-skimmed
milk

Creamy sauces



Tomato or
vegetable sauces

Sweets, crisps and
chocolate



Fruit,
plain popcorn,
breadsticks

Mindful Eating

- **Try to eat at a table avoid distractions**
- **Eat slowly** and **enjoy your food**
- **Stop when you feel full**
- **Eat when you are hungry**, not when you are bored
- **Avoid screens** to remove distractions.

Eat Less Calories to Lose Weight

Men: about **1,900** calories a day



Women: about **1,400** calories a day



Use **smaller plates**



Eat more vegetables to fill you up



Eating Out

- **Choose smaller portions**
- **Pick tomato sauces** instead of **creamy sauces**
- Share **desserts** or **choose fruit**
- **Avoid “go large”** or **“super size”** meals.

Get Active

Try to move your body every day. Aim for 30 minutes daily.

Ideas:



Walk part of the way to work or school



Use stairs instead of lifts



Go **swimming** or **dancing**



Walk the dog



Play a sport with friends

For more information and support call **0141 232 1860** or visit **www.nhsggc.org.uk/getactive**

Helpful Websites

For further information, please visit the following:



NHS BMI Calculator

www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index



NHS Weight Loss

www.nhsinform.scot/healthy-living/weight-loss



Eatwell Guide

www.nhsinform.scot/healthy-living/food-and-nutrition/eating-well/eatwell-guide-how-to-eat-a-healthy-balanced-diet



Food Labels – British Heart Foundation

www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/food-labelling



NHSGGC links:



Health Eating - NHSGGC

www.nhsggc.scot/health-eating



Manage your weight - NHSGGC

www.nhsggc.scot/manage-your-weight



Get Active - NHSGGC

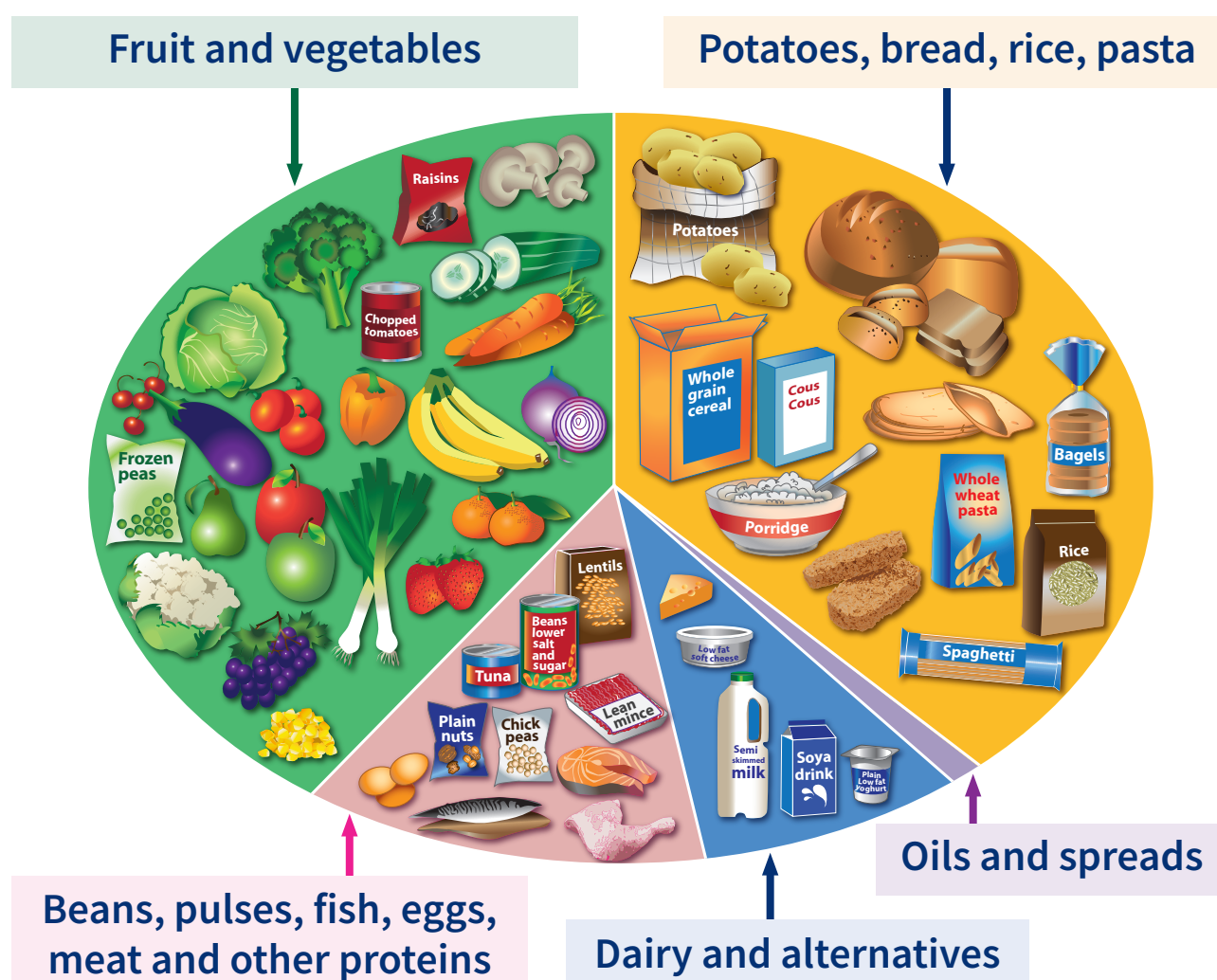
www.nhsggc.org.uk/getactive



The Eat Well Guide

Try to eat a mix of foods:

- **More fruits and vegetables** aim for five a day
- **Some bread, rice, pasta, potatoes and cereals.** Try wholemeal or wholegrain
- **Some meat, eggs, more fish, beans and pulses** (lentils). Try to have meat free days
- **Some milk, cheese, yoghurt.** Look for low fat and low sugar
- **Use small amounts of oils and spreads**
- **Eat less crisps, pastries and sweets**
- **Have 6-8 glasses to drink a day.** Try sugar free and low fat drinks.





This resource is adapted from the original
Eat well, Feel Great, Lose Weight booklet.

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