



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

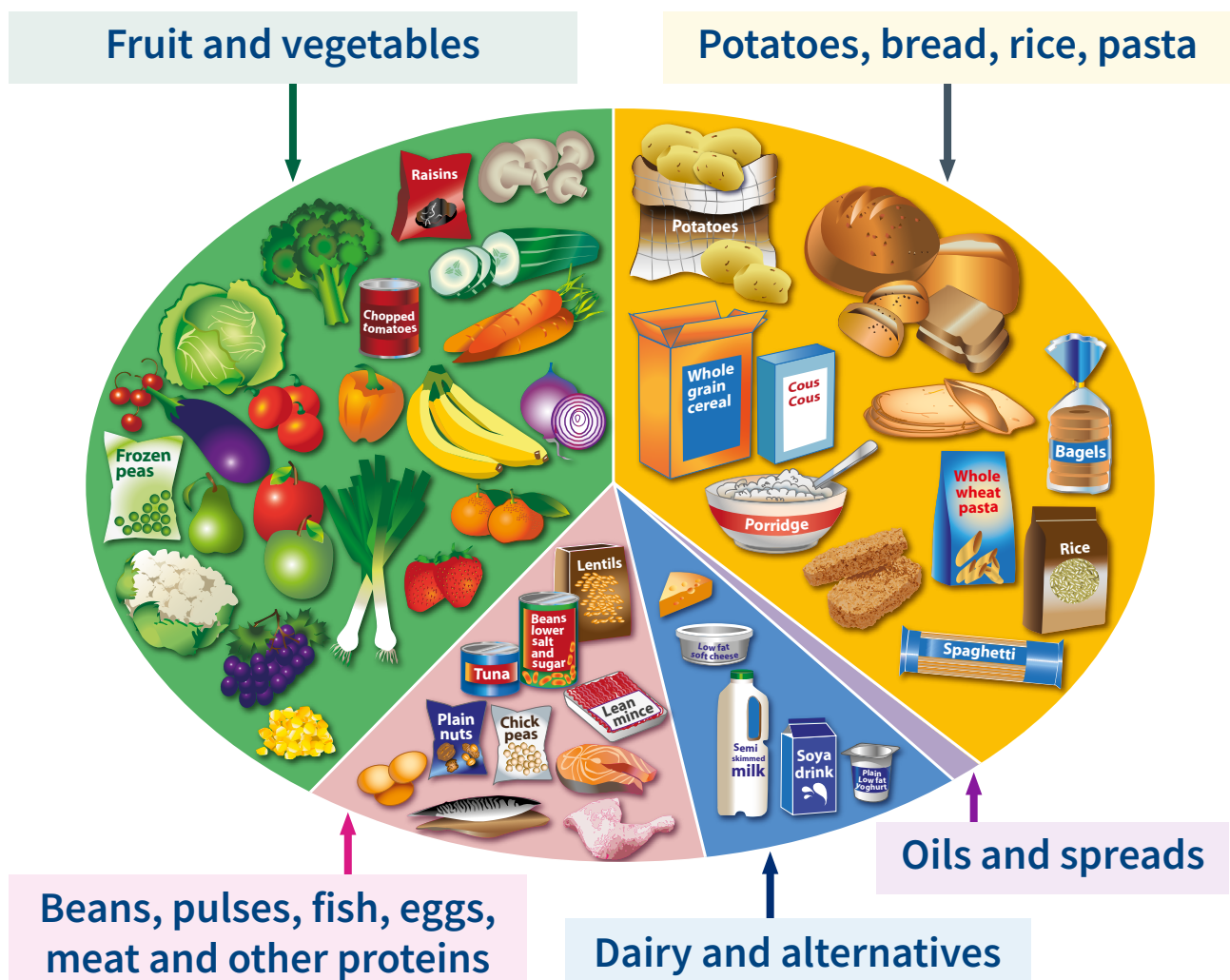
- **Plan your meals** each week
- **Eat** breakfast, lunch and dinner
- **Check portion sizes** – see Eatwell Guide
- **Eat less snacks**
- **Move more** – stand up, walk, or stretch.



The Eat Well Guide

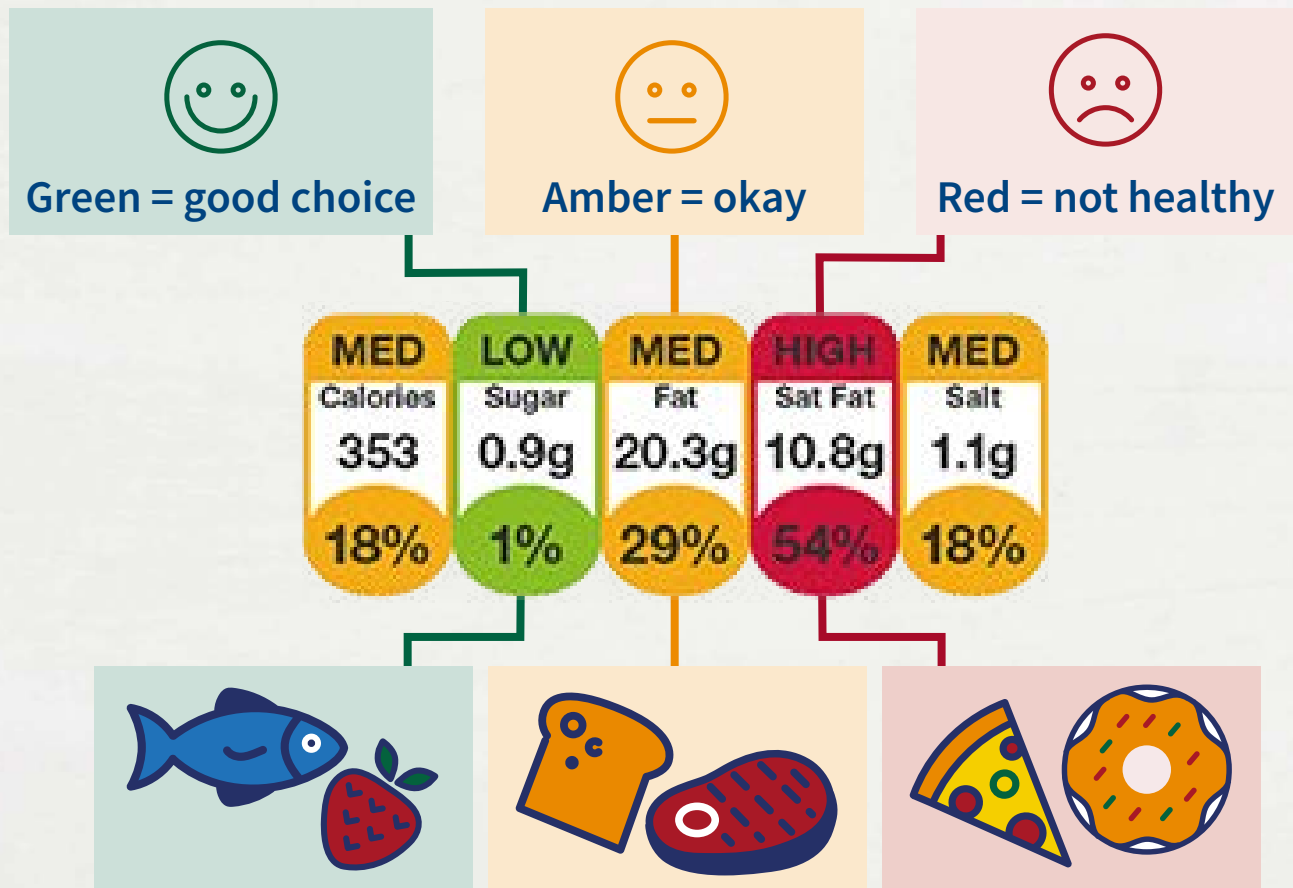
Try to eat a mix of foods:

- **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.



Shop Smart

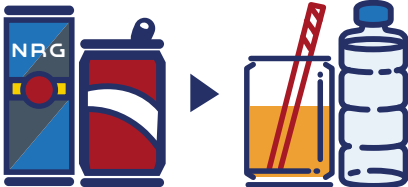
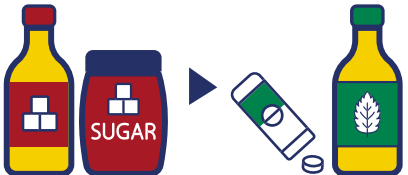
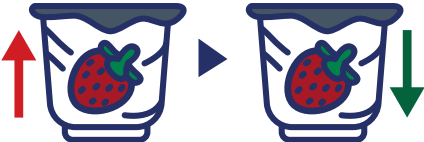
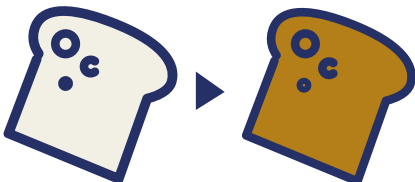
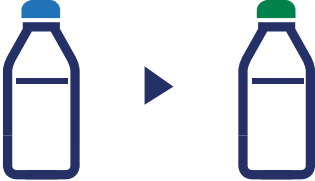
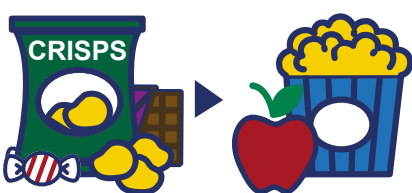
- Write a shopping list and try to **keep to healthy choices**
- Choose foods with **more green and amber** on the label
- Look at **food labels**:



Easy Swaps

Swap this

For this

Sugary drinks, regular fizzy or energy drinks		Sugar free/diet drinks or water
Sugar/Syrups		Sweetener/Sugar free syrups
Regular yoghurt		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, popcorn, breadstick

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.

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



NHS BMI Calculator

[Calculate your body mass index \(BMI\) - NHS](#)



NHS Weight Loss

[Weight loss | NHS inform](#)



Eatwell Guide

[How to eat a healthy balanced diet | NHS inform](#)



Food Labels – British Heart Foundation

[Food labelling - BHF](#)

NHSGGC links:



[Health Eating - NHSGGC](#)



[Manage your weight - NHSGGC](#)





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