

# Top tips for weight loss

## Caution with your portions

- Try reducing the size of your plate and ensure half the plate is filled with vegetables or salad. Use the plate below as a guide.
- Do not heap food on your plate.
- Try cooking 1 tablespoon less pasta or rice; or serving 1 tablespoon less cereal to reduce portions.
- Avoid having second helpings.



## Do not forget your 5 a day

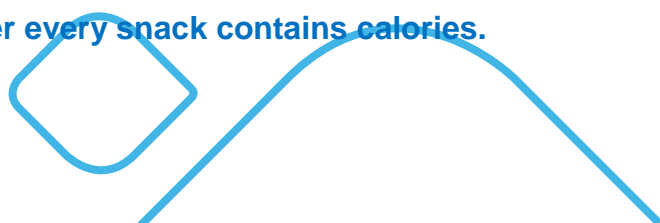
- Aim for two portions of fruit per day and at **least** three portions of vegetables or salad. A portion is 80g or the amount that roughly fits into the palm of your hand.
- Limit dried fruit as it is high in natural sugars. A portion is 30g (1 tablespoon).
- Limit unsweetened fruit juice and fruit smoothies to one glass 150ml a day. This counts as one portion of fruit per day.

## Cut back on your fat intake

- Fat has the highest calories per gram. Reducing fat will reduce calories.
- Try using reduced fat foods e.g. skimmed milk; reduced fat cheese, low fat spreads or fat free yogurts.
- Reduce use of oils and spreads. Spread thinly and scrape off and use minimum fats in cooking. Try a one calorie spray oil and avoid fried foods.
- Buy lean meats and remove skin from poultry.

## Snacking

Ask yourself do you really need the snack? Remember every snack contains calories.



---

**If you do snack, try not to have more than 2 snacks of ~ 50-100 calories, per day.**

- Choose a healthy option such as 1 piece of fresh fruit or a fat free yogurt instead of chocolate or crisps.
- If you are having a meal in the next hour, try to wait and have a glass of water or low calorie drink instead.

For more information on ideas for 50 -100 calorie snacks, contact the Nutrition and Dietetic Service.

### Think about what you drink

- Choose water or sugar-free squashes.
- Ask for skimmed milk in coffee or choose skinny coffee.
- Alcohol is high in calories; limit to no more than 14 units per week. Try having alcohol free days every week.

**A large glass wine is 3.3 units and equal in calories to a mini pork pie. One pint of lager, beer or cider is 2.8 units and equal to eating a sugary doughnut.**

### Focus on your food

- Be mindful. Slow down your rate of eating; try putting your food or cutlery down between each mouthful.
- Try not to eat on the go or while watching television.
- Eat at a table if possible.
- Keep to a good meal routine, aim to eat three times a day and avoid skipping meals.

### Learn the labels

- Look carefully at food labels and choose items that are low in fat (less than 3g total fat per 100g) and low in sugar (less than 5g sugar per 100g).
- Remember to look at the portion size of the food you are going to eat.

### Up on your feet

- Break up your sitting time. Try to move every hour.
- Aim for 150 minutes of moderate or 75 minutes of vigorous physical activity per week.
- Aim to walk 10,000 steps each day. This is about 60-90 minutes moderate activity.
- Use a pedometer to help count the steps.

Contact details:

**Nutrition and Dietetic Services**

Tel: (01225) 824398 (RUH)

Tel: (01225) 833916 (St Martin's)

Royal United Hospitals Bath NHS Foundation Trust  
Combe Park, Bath, BA1 3NG 01225 428331 | [www.ruh.nhs.uk](http://www.ruh.nhs.uk)

Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.psct@nhs.net](mailto:ruh-tr.psct@nhs.net) or telephone 01225 825656.

Date of publication: October 2023

Review : October 2026

Ref: RUH ToptipsWL/015 (DTT/018)

© Royal United Hospitals Bath NHS Foundation Trust.