

Session one **Eat Well Live Well**

- This is not a Diet! It's a programme to help you to make sustainable lifestyle changes to your diet and activity levels
- There are no 'forbidden foods' just recommendations based on quality and quantity of foods
- Losing weight should be a gradual process – just as gaining weight is. Our bodies and minds need to adapt to changes made to create new and healthy lifestyle habits.
- The key to long term weight loss is having the knowledge, skills, confidence and self empowerment to continue the lifestyle changes long after completing your time with Livewell.
- We hope to support you to achieve your goals of losing weight and living a healthier more active lifestyle and to overall improve quality of life and wellbeing.

Why don't FAD diets work? = Yo-yo effect, feel hungry, forbid foods, restrictive, unsustainable

Use the Eatwell guide to understand food groups and portions and understand variety and food choices



Session two Portion Distortion



So what does 100 kcal portion look like? Do we know?

- Studies show that we eat more than we normally would when served large portions.
- We get used to bigger portions so then we eat more to feel satisfied.
- Big 'value for money' portions promote overeating.
- Bigger portions lead to portion distortion.



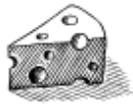
What is a Portion?



=



3 ounces of meat is about the size and thickness of a pack of playing cards.



=



1 ounce of cheese is about the size of a match box.



=



200mls milk is about the size of an average glass.



=



1 tsp of butter/ margarine or oil is about the size of the tip of your thumb.

Practical Portion Size Guidance



3 tablespoons of pasta



80 g or 1 handful of fruit or veg = 1 portion



Example: Main meal portion size.

Tips

Use a smaller plate. Aim for half plate veg/salad/fruit, ¼ plate protein, ¼ plate carbohydrate.

Use Livewell Eatwell books to support with portions. Generally 1500kcal is suitable for female weight loss and 1800kcal more suitable to male weight loss, but this would also depend on activity levels, starting weight etc.

1-2lb (0.5-1kg) average weekly weight loss would be safe and sustainable.

Session three

Fats of Life



Some fat is essential for health, but eating a diet too high in fat and calories can lead to an increase in weight. All fats contain the same concentrated amount of energy (calories), and fat contributes more than twice as much energy (calories) than other nutrients.

1 gram fat = 9 calories, 1 gram protein = 4 calories, 1 gram carbohydrate = 4 calories, 1 gram alcohol = 7 calories

1lb fat contains 3500kcal (calories) Weight loss is more sustainable if it is lost gradually. Therefore to lose 1lb a week you need to eat 500kcal less each day than your body uses in activity. (= **-500 x 7 days = 3500kcal less per week!**)

There are 2 main types of fat: Saturated & Unsaturated which includes monounsaturated and polyunsaturated.

- **Saturated fat** is found in butter, lard, hard cheeses, cream cheese, meat fat, poultry skin, sausages, pies, pastries, biscuits, cakes, cream, ice cream, coconut oil, palm oil.
- Saturated fats may increase LDL cholesterol levels (LDL = bad cholesterol, HDL = good cholesterol) Bad cholesterol (LDL) contributes to the accumulation of fatty plaque in the artery = atherosclerosis narrowing of the artery .
- **Monounsaturated fat** is found in olive oil, rapeseed oil, peanut oil, avocado pears.
- Monounsaturated fats improve the ratio of LDL:HDL by helping to lower LDL cholesterol but not lowering HDL cholesterol.
- **Polyunsaturated fat** is found in sunflower oil, soya oil, corn oil.
- Moderate amounts can help lower LDL cholesterol, but can also lower HDL cholesterol when taken in large quantities.
- **Omega 3 fats** are a particular group of polyunsaturated fats found in oily fish such as mackerel, herring, kippers, pilchards, sardines, salmon, trout, fresh tuna.
- Omega 3 fats are beneficial to the heart, they help to prevent blood clotting and should be eaten at least once a week.

Food Labelling: Determining red, amber and green colour coding (and high, medium and low)

Information needed

- Amounts of fat, saturates, total sugars and salt per 100g/ml for a product.

If the portion/serving size of the product is more than 100g or 150 ml, you will also need:

- Amounts of fat, saturates, (total) sugars and salt per portion (can be calculated using per 100g/ml information and portion size) and

Criteria for **red (HIGH)**, **amber (MEDIUM)** and **green (LOW)** as set out below.

Text	Low	Medium	High	
Colour Code	Green	Amber	Red	
Fat	≤3.0g/100g	>3.0g to ≤ 17.5g/100g	>17.5g/100g	>21g/portion
Saturates	≤1.5g/100g	>5.0g and ≤ 5.0g/100g	>5.0g/100g	>6.0g/portion
Total Sugars	≤5.0g/100g	>5.0g and ≤ 22.5g/100g	>22.5g/100g	>27g/portion
SAlt	≤0.3g/100g	>0.3g to ≤1.5g/100g	>1.5g/100g	>1.8g/ portion

Note: portion size criteria apply to portions/serving sizes greater than 100g

Session four Favoured Flavours: Sugar and Salt

Important to be able to identify high sugar content from labelling and understand the different names of sugars (hidden sugars).

- Energy kJ (kilojoules)/kcal (kilocalories) people who are watching their weight may find it useful to look at the calorie value. Kilocalories are the same as calories.
- Carbohydrate includes how much is sugar is included in the total amount.

Text	Low	Medium	High	
Colour Code	Green	Amber	Red	
Fat	≤3.0g/100g	>3.0g to ≤17.5g/100g	>17.5g/100g	>21g/portion
Saturates	≤1.5g/100g	>5.0g and ≤5.0g/100g	>5.0g/100g	>6.0g/portion
Total Sugars	≤5.0g/100g	>5.0g and ≤22.5g/100g	>22.5g/100g	>27g/portion
Salt	≤0.3g/100g	>0.3g to ≤1.5g/100g	>1.5g/100g	>1.8g/portion

Hidden Sugars ???? - Study the ingredients list for:

- Sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup, honey, they are all added sugars.

If we consume more sugar than we burn through activity our liver converts the excess glucose into fat.

Some of this fat stays in the liver but the rest is stored in fatty tissues around the body.

SALT - Most people eat too much salt.

- Eating too much salt can raise your blood pressure.
- Raised blood pressure increases your risk of developing heart disease or having a stroke
- Eating less salt can lower blood pressure and reduce the risk of heart disease and stroke.

Tips to Reduce Salt

- Don't add it whilst cooking.
- Don't add it at the table.
- Read labels and choose lower salt options.
- Go easy on ketchup, salad cream etc, as these can be high in salt.
- Go for tinned vegetables or pulses with 'no added salt'.
- Use different spices to add flavour to food, e.g. garlic, chilli, ginger, lemon, lime, black pepper.
- Add fresh herbs to dishes.
- Look out for reduced salt stock cubes and gravy granules.
- Eat less processed foods.
- Cook more ourselves so we know what is added.





Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure

Exercise is physical activity that is planned, structured, and repetitive for the purpose of conditioning any part of the body. *Exercise* is used to improve health, maintain fitness and is important as a means of physical rehabilitation.

How much physical activity should we do?

The guidelines are the **minimum** for people who want to maintain a level of health. To lose weight/increase fitness, clients will need to do more and how much will vary from person to person (e.g. gender, weight, current activity/fitness)

Older adults (65+) Guidelines essentially the same

If inactive, some activity is still better than none and will provide some health benefits

If at risk of falls, activities that promote balance and coordination are recommended 2 x per week

CYP (5-18) Moderate-vigorous activity for at least 60 minutes per day; Vigorous activity to strengthen muscle and bone 3 x per week

Under 5s Infants who are capable of walking - at least 180 mins per day Those who are not yet walking - floor (including tummy time) & water based activity

Evidence shows that the **greatest** health benefits are gained by an inactive person, currently doing no physical activity, starting to do even a little .

Physical activity benefits for adults and older adults

BENEFITS HEALTH	REDUCES YOUR CHANCE OF	PERCENTAGE
IMPROVES SLEEP	Type II Diabetes	-40%
MAINTAINS HEALTHY WEIGHT	Cardiovascular Disease	-35%
MANAGES STRESS	Falls, Depression and Dementia	-30%
IMPROVES QUALITY OF LIFE	Joint and Back Pain	-25%
	Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind: **Be Active**

To keep your muscles, bones and joints strong: **Sit Less**

To reduce your chance of falls: **Build Strength** and **Improve Balance**

VIGOROUS		MODERATE		TO AVOID		BUILD STRENGTH		IMPROVE BALANCE	
RUN	WALK	TV	GYM	DANCE	SPORT	CYCLE	SOFA	YOGA	TAI CHI
STAIRS	SWIM	COMPUTER	CARRY BAGS	BOWLS					

MINUTES PER WEEK
75 OR 150
 VIGOROUS INTENSITY (BREATHING FAST, DIFFICULT TALKING) OR MODERATE INTENSITY (INCREASED BREATHING, ABLE TO TALK)
 OR A COMBINATION OF BOTH

BREAK UP SITTING TIME

2 DAYS PER WEEK

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. MAKE A START TODAY: it's never too late!

UK Chief Medical Officers' Guidelines 2011 Start Active, Stay Active: <http://bit.ly/startactive>

(Watch 23 ½ hours **What is the single best thing we can do for our health?**video – search on U Tube)

Session five

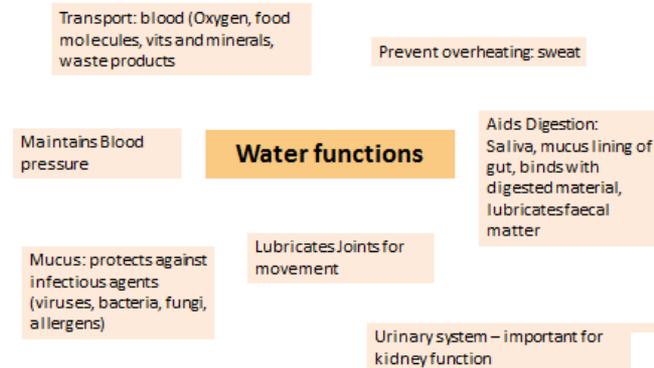
Hydration and weight management

What functions does water have in our bodies?

How much water should we have per day?

The European Food Safety Authority recommends that women should drink about 1.6 litres of fluid and men should drink about 2.0 litres of fluid per day.

That's 3 x 500ml bottles of water for women & 4 x 500ml bottles for men.



Fizzy Drinks

Fizzy drinks and squashes

Fizzy drinks, squashes and juice drinks contain lots of sugar and very few nutrients and excessive consumption can contribute to weight gain and tooth decay.

- *Their high sugar content means they are high in calories.
- *With little other nutrients to provide these 'empty calories' can easily contribute to weight gain.
- *Cutting down on these drinks is a good way of reducing the number of calories you consume, while not missing out on any nutrients.

Useful Tips

- *Diluting fruit juice with sparkling water instead.
- *Diet versions of fizzy drinks also contain very few nutrients but do not contain the sugar so will not provide additional calories but are still not the healthiest choice due to artificial sweeteners and chemicals they contain.
- *Skimmed milk is a nutritious option but still contains calories. Aim for 1 pint of milk a day – add to cereals, hot drinks or drink alone.
- *Water and no added sugar squashes are suitable for hydrating adults and children.



Drinking plenty of water whilst losing fat mass helps to flush out the waste products through your kidneys as urine. Keeping hydrated can help prevent kidney and Gallstones.

Water is also vital for our metabolism and normal functioning of our body . All our cells (the building blocks) that make up every organ and tissue in our bodies are made of 70% water. Therefore, when we become dehydrated our cells are depleted of vital fluid and chemical reactions cannot occur properly, effecting cell functioning. This effects our energy production and ability to process and digest our foods thus reducing our metabolism

Session six Overcoming overeating & Introduction to mindfulness

- **One way of understanding mindfulness is that it is a particular way of paying attention to the present moment.**
- **Of yourself in your own body, your physical sensations that occur moment by moment. It may be an awareness in the present moment of your thoughts and emotions. It may be a present moment awareness of the world around you – sights, sounds, smells.**
- **Most of the time we live our lives ‘mindlessly’ We are out of the present moment, we are thinking about the future or worried about what has been going on recently.**
- **By practicing mindfulness we are able to come back to the present moment, which is where we are living, in the present.**
- **Mindfulness is considered to be helpful in improving issues like depression, stress, anxiety and addictive behaviours (like comfort eating).**



Thinking about when we eat when we're: happy, sad, depressed, bored, at work, at home during the day.

How often do we think about our eating?

Is it hunger or, craving causing us to eat?

Are you an emotional eater?

Overcoming Overeating

What leads to overeating?

- Large plates
- Needing to clear the plate
- Eating too quickly
- Eating on the run
- Not being 'in the moment' when eating
- Distractions
- Emotional eating
- Unaware of eating
- Eating from the packet
- 'eating with our eyes'

Overcoming overeating:

- Smaller plate
- Put less on plate
- Slow down eating
- Make time out to be mindful during eating
- Turn off TV/avoid eating whilst on computer etc.
- Find other emotional crutches
- Mindfulness techniques to increase awareness of eating
- Portion out snacks from the packet
- Distinguish between hunger and craving

Being Mindful



Be in the Present

Session seven **Savvy shopping, celebrations, eating out, takeaways & alcohol**

Top Tips:

- weekly meal planning
- Write a shopping list
- Check dates on perishable (= fresh buys) vs storage foods (= buy in bulk)
- Waste nothing – make meals from leftovers or, freeze them
- Buy frozen veg
- Check food labelling for sugar, fat & salt amounts per portion/100g/Reference intake
- Trade named makes – try own brands to compare
- Have a veggie night to avoid expensive meats
- Cook with pulses to bulk meals
- Freeze left over bread
- Check what's in your kitchen before you go shopping
- Buy cheaper cuts of meat
- Eat smaller portions
- Look up cheap recipes
- Cook meals from scratch
- Buy a whole chicken to make different meals from it & then soup
- Price check pre packaged produce
- Cut down on luxuries such as crisps, chocolates, cakes



Session seven **Savvy shopping, celebrations, eating out, takeaways & alcohol.**

- Shop on line or during happy hour when some fresh items get reduced at the end of the day

Display until and sell by

Date marks such as "display until" or "sell by" often appear near or next to the "best before" or "use by" date. These are instructions for shop staff, not for shoppers

Healthy affordable recipes can be found at:

[Let's Get cooking Recipe book. http://letsgetcookingathome.org.uk/](http://letsgetcookingathome.org.uk/)

[Change4Life's meal mixer, http://www.nhs.uk/change4life/Pages/meal-planner-recipe-finder-app.aspx](http://www.nhs.uk/change4life/Pages/meal-planner-recipe-finder-app.aspx)

[Love Food Hate Waste, http://www.lovefoodhatewaste.com/](http://www.lovefoodhatewaste.com/)

[The Skint Foodie, http://www.theskintfoodie.com/](http://www.theskintfoodie.com/)

[A Girl Called Jack, http://agirlcalledjack.com/](http://agirlcalledjack.com/)

[Frugal Queen http://www.frugalqueen.co.uk/](http://www.frugalqueen.co.uk/)

[The Resourceful Cook http://resourcefulcook.com/](http://resourcefulcook.com/)

Healthier Eating Out – some suggestions to help

Indian Food – Avoid extras, eg samosas/bhajis, avoid creamy sauces, choose vegetable/chicken curries

Choose dishes baked in Tandoor oven –without sauces e.g. Tandoori or Shalik

Choose tomato/ yoghurt based meals e.g. Jalfrezi, Bhuna

Choose boiled rice/ chapatti/ plain naan

Avoid Indian puddings choose fruit salad/ mango instead

Chinese Food - Avoid 'extras' e.g. prawn crackers, spring rolls, prawn toast

Have won ton soup/ chicken and sweetcorn soup instead

Choose plain rice or noodles instead of fried rice

Avoid deep fried foods, battered foods, chow mein, sweet and sour sauces

Italian Food - Avoid garlic bread as starter choose salad, melon, soup instead

Choose tomato based sauces instead of creamy or cheesy choices

The Chip Shop – Share a portion or even better make your own, oven chips and oven cooked fish in breadcrumbs

McDonalds, KFC & other fast food outlets – only have occasionally and choose healthier options



Alcohol

- **Alcohol is high in calories (7kcal/g)** in addition to any sugar that is added to the drink too.
- This makes alcoholic drinks detrimental to weight as well as health.
- 7kcal/g - in fact, almost as many as pure fat (9kcal/g)
- Calories from alcohol are 'empty calories', they have no nutritional value.
- The worst calorie culprits are beer, larger and cider.
- Some brands contain a whopping 250 calories per pint – the equivalent of a small chocolate bar.
- On a heavy night out drinking beer or cider, you could be consuming almost your whole day's healthy intake just in alcohol.
- Drinking alcohol also reduces the amount of fat your body burns for energy.
- While we can store nutrients, protein, carbohydrates and fats in our bodies, we can't store alcohol.
- So our systems want to get rid of it, and doing so takes priority.
- All of the other processes that should be taking place (including absorbing nutrients and burning fat) are interrupted.



Top tips to avoid weight gain with alcohol:

- Stick to your recommended units – no more than 14 units a week spread over 2-3 days, for men and women. (Use plastic glass example)
- Alternate alcoholic drink with a glass of water.
- Don't drink on an empty stomach.
- Eat a healthy dinner before you start drinking.
- Drinking in rounds can mean you end up drinking more than you intended.
- Avoid binge drinking – some people misunderstand that they can save up their units to splurge at the weekend.
- Add soda water to wine to make the drink last longer

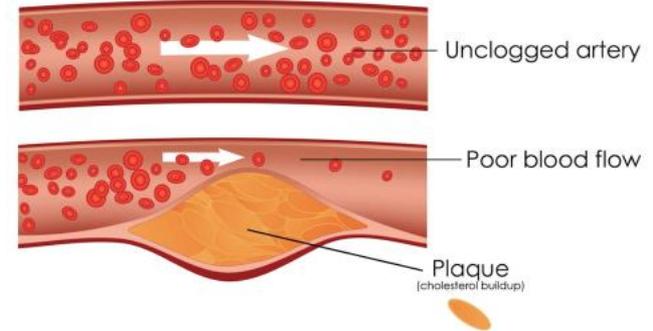
Week eight Health & Wellbeing

Leading a healthy lifestyle which includes eating well, drinking sensibly, keeping active and not smoking, can lower your risk of:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Heart disease
- Stroke
- Some cancers
- Dementia



Cholesterol & Arteries



Diabetes develops when glucose can't enter the body's cells to be used as fuel. This happens because either:

In the case of Type 1 diabetes, there is no key (insulin) to unlock the door to the cells

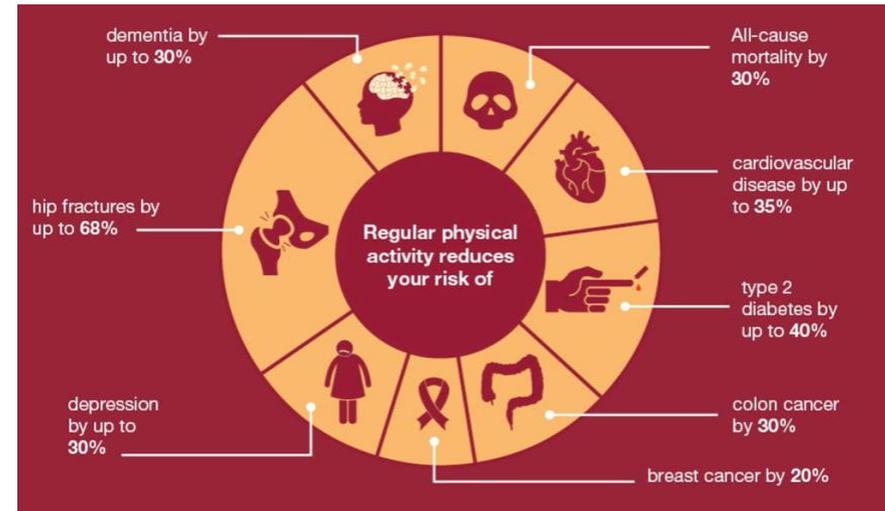


Or, in the case of Type 2 diabetes, the key (insulin) is unable to unlock the door properly and/or

the key (insulin) is there but the lock doesn't work properly



For more information on diabetes go to the link : <https://www.diabetes.org.uk/Diabetes-the-basics>



For more information on blood pressure & cholesterol visit : The British Heart Foundation website