

Advice for adults



# Swap it Don't stop it



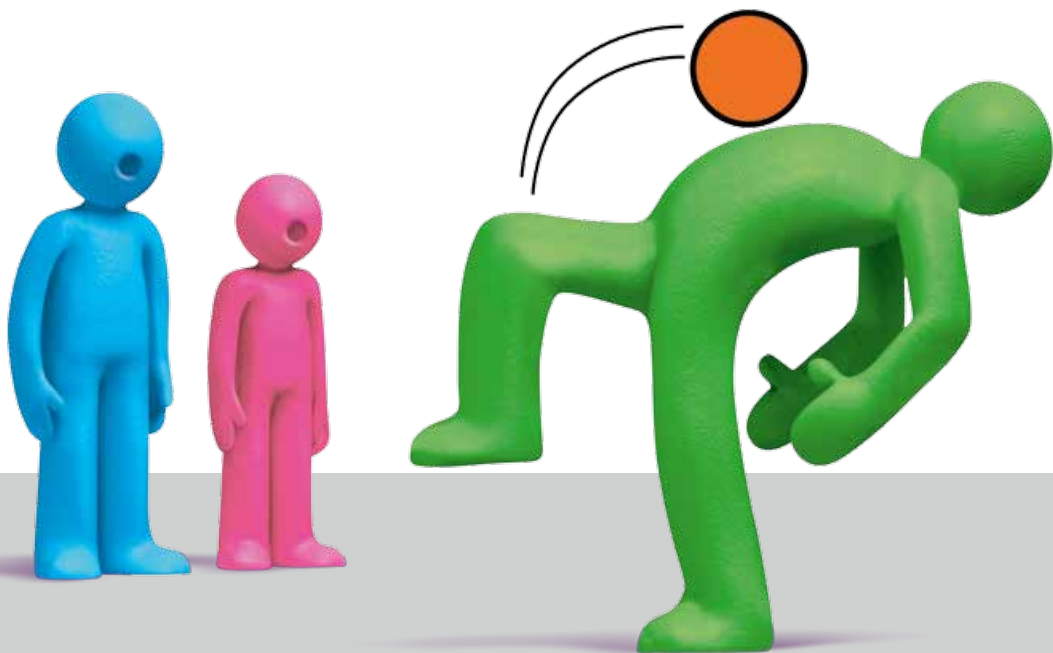
How to lose weight  
and feel healthy  
without giving up all  
the things you love

# How would you feel if you lost a bit of weight?

Modern life makes it all too easy to put on weight. Even a couple of pounds here and there add up over time. In fact, by the time we reach middle age, the majority of us could do with losing at least a bit of weight.

Being overweight isn't just about the way we look. It can lead to more aches and pains, problems sleeping and some people report a loss of energy and confidence. It also increases our chances of suffering a stroke or getting heart disease, type 2 diabetes and some cancers.

But we don't have to put up with this. Middle age comes to everyone – 'middle aged spread' doesn't have to. Many people find that if they start to move around a bit more and eat more healthily, they lose a bit of weight and start to feel better, sleep better and have more energy. So, to see the end of your middle read on for helpful tips and advice.



# You don't have to stop it – just swap it

We all want to feel healthy and trim, but no-one wants to deprive themselves of all the things they love drinking, eating and doing.

The good news is you don't have to completely – you can swap some things instead.

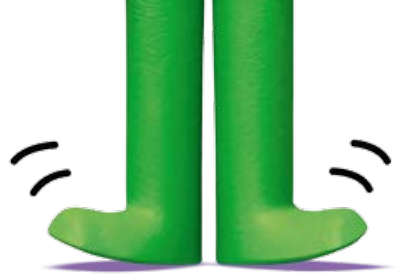
In fact, cutting out the things we love often means we don't keep up the changes we make for very long. So any good work we do gets easily undone later on.

One of the best ways to be healthy is to make some swaps and build them into your life for the long term. The more you do, the better you'll feel – and you won't have to say 'no' to everything.

In this leaflet you'll find 6 simple ways to swap some of the things you eat, drink and do for healthier choices. If you start making some of these swaps today, you may be surprised how quickly you start to feel better. And if you stick to them long term, you'll begin to lose weight.

Ready to start swapping?

# Swaps to get you up and about



## How to build activity into your day, your way

Many of us struggle with the idea of doing exercise. It might be that we are too busy, feeling tired and achy, or simply can't face the thought of it.

The good news is that building activity into your day actually gives you more energy, strengthens joints so you don't feel so achy, can be fun and can also help you feel better about yourself.

All movement counts – sit less, move more and gradually build up to doing 30 minutes of moderate activity, 5 times a week. The name of the game is to try to get your heart beating faster, and your lungs working a bit harder for at least 10 minutes at a time.

Which of these swaps could you make?

### Travel swap

Think feet first. Swapping your usual bus or car journey for walking or cycling is a great way to build up to 5 x 30 minutes of moderate activity a week.

### Sitting down swap

If you spend a lot of time sitting down during the day, try to reduce it. It might seem like a small change but getting up and about on a regular basis does make a difference. You could try walking to the local shops instead of taking the car.

### Hobby swap

Get an active hobby – something that will give you some 'me time' and help you build up to being more active in your leisure time. Dancing, cycling or gardening maybe?

### TV swap

Think about the sports you enjoy watching on TV and get out and give them a try. How about a trip to the local Pitch and Putt or a kick-about in the park with kids or grand kids – who knows, you may have the next Wayne Rooney on your hands one day!

### Swim swap

Take a regular trip to the local pool – whether it's splashing around with family or friends or swimming lengths, it's a great way to be active. And a sauna or Jacuzzi afterwards makes it relaxing and social too.

### Dance swap

Swap watching dancing on TV for getting up on your own two feet. You can dance to the radio, in front of the TV or at a local dance class – all you need is a great tune!

### Room swap

Swap the living room for the garden. Gardening is a great way of getting outdoors and being active – you could even have fun growing your own veggies too!



For inspiration and to find out about local activities near you, visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life) and go to 'my local area'.

For great walking and cycling routes near you go to [www.nhs.uk/letsgetmoving](http://www.nhs.uk/letsgetmoving)

Can't swim? Call 0800 14 222 14 to register for free swimming lessons\*.

\*Participating free swimming local authorities only.

# Portion swap

## How swapping portions can help prevent us from eating too many calories

Lots of us were brought up to finish the food on our plate.

The problem is, these days larger portions of food are more readily available (convenience food, in restaurants and at home) and we are eating more foods that are high in fat or added sugar. This means we often end up eating too much energy and not burning it off – without even realising we're doing it. This can eventually lead to weight gain.

There are lots of swaps you can make to make sure you aren't accidentally eating too much. In fact, making portion swaps is one of the easiest things you can do to be healthy.

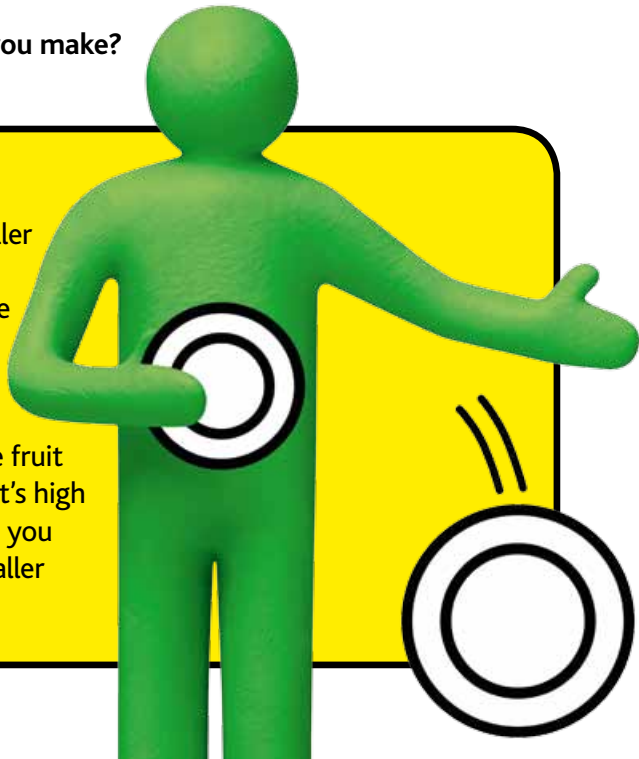
**Which of these swaps could you make?**

### Plate swap

Swap bigger plates for smaller plates and you'll have a smaller portion. (It'll look like you have more food too.)

### Food swap

Fill up on healthier food like fruit and veg instead of food that's high in fat or added sugar. Could you swap a large meal for a smaller meal with fruit for dessert?



# Snack swap

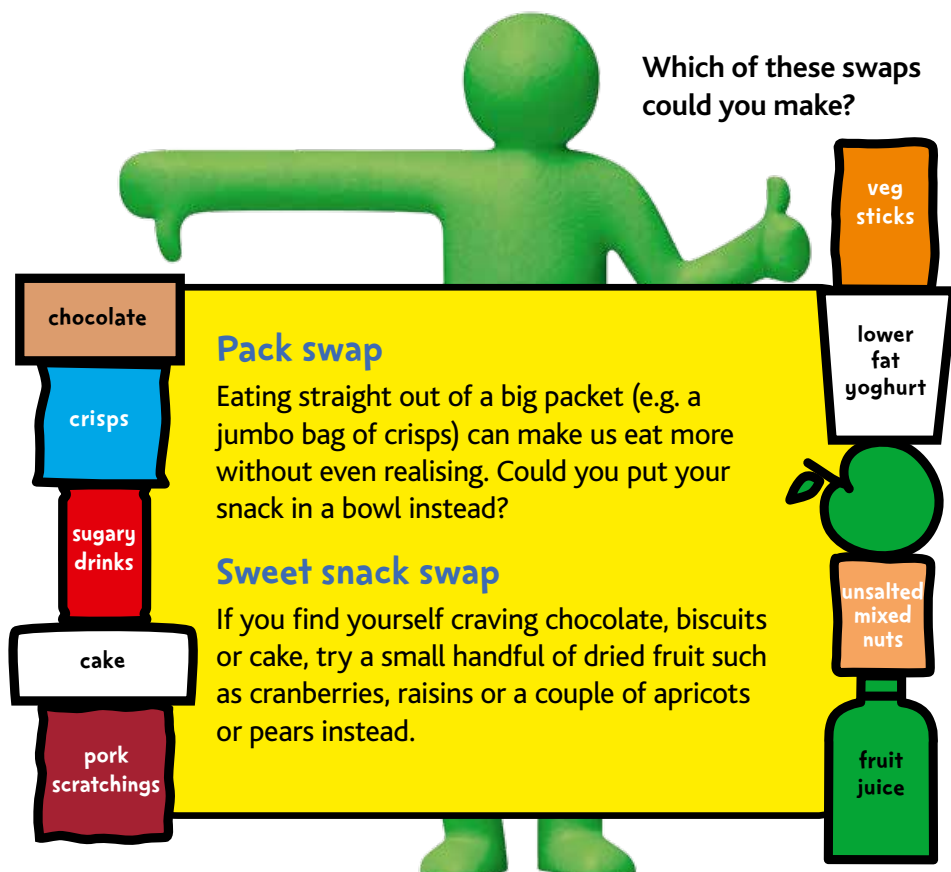
## How to stay healthy without giving up all snacks

When we are busy, distracted or bored we often look for a snack. That means we sometimes don't realise how many snacks we have eaten.

The problem is that our bodies are geared up for storing fat, so eating fatty and sugary snacks is a very quick way of adding to our fat stores.

That doesn't mean we have to stop eating snacks altogether. Instead, try making some swaps to keep from over-snacking on unhealthy foods.

Which of these swaps could you make?



**chocolate**

**crisps**

**sugary drinks**

**cake**

**pork scratchings**

**veg sticks**

**lower fat yoghurt**

**unsalted mixed nuts**

**fruit juice**

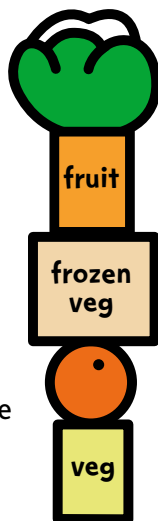
**Pack swap**  
Eating straight out of a big packet (e.g. a jumbo bag of crisps) can make us eat more without even realising. Could you put your snack in a bowl instead?

**Sweet snack swap**  
If you find yourself craving chocolate, biscuits or cake, try a small handful of dried fruit such as cranberries, raisins or a couple of apricots or pears instead.

# Swap for 5 a day

## How to make sure you hit your 5 a day, every day

We all know that eating 5 portions of fruit and veg a day is important for our health. But you might be surprised how easy it can be. And the great thing is, you don't need to radically change your diet or do without the things you love. Just add a portion of veg here, sprinkle a portion of fruit there – and you'll hit your 5 before you know it!



One adult portion of fruit or vegetables is 80 grams. For more information on portion size please see [www.nhs.uk/5aday](http://www.nhs.uk/5aday)

Which of these 5 a day swaps could you make?



### Veg swap

It's easy to add fresh, frozen or canned veg to meals. Try grated or chopped carrots and frozen peas in spag bol, or throw tasty veg into a sauce.

### Breakfast swap

Try adding fruit to cereal, porridge or lower fat yoghurt – a handful or berries or a chopped banana tastes great.

### Pizza swap

Swap pepperoni and extra cheese toppings for mushroom, onion, pepper, sweetcorn, spinach or sliced tomato. You'll be counting towards your 5 a day and taking away calories!

### Tea break swap

You could swap one of your daily cups of tea or coffee for a glass of 100% unsweetened fruit juice.

# Fibre swap

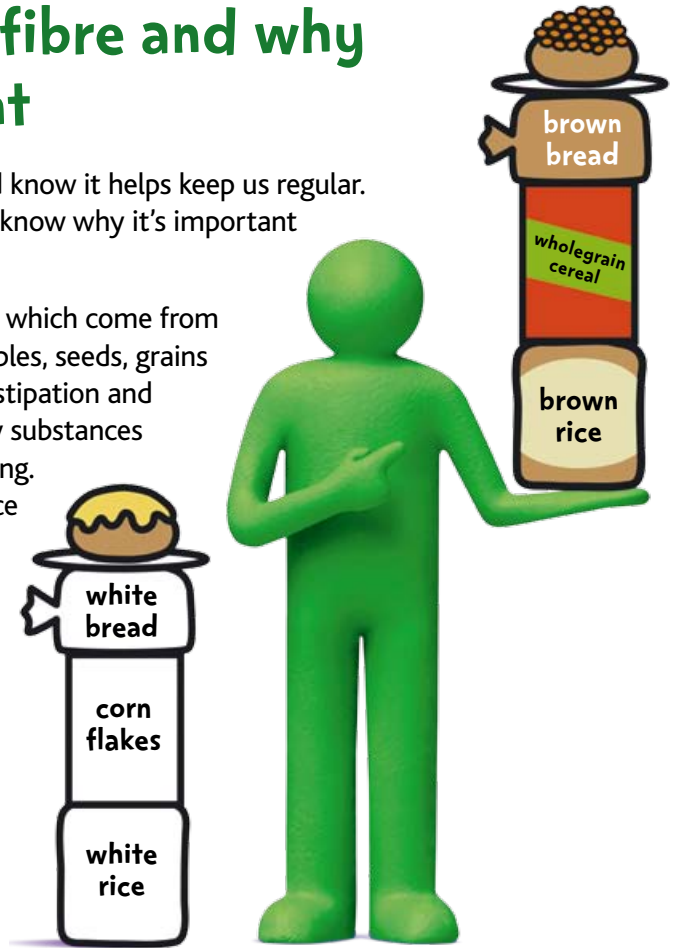
## How to find fibre and why it's important

We've all heard of fibre and know it helps keep us regular. But most of us don't really know why it's important or where to find it.

Fibre is only found in foods which come from plants e.g. fruit and vegetables, seeds, grains and pulses. It prevents constipation and clears the gut so that nasty substances don't hang around for so long. Fibre can also help to reduce blood cholesterol.

And because foods containing fibre fill us up for longer they make us much less likely to overeat. This helps us to control our weight.

**Which of these swaps could you make?**



### Toast swap

White bread has very little fibre, so swap your white toast for wholemeal or wholegrain toast.

### Plate swap

Fibre is found in veg so try swapping some of the other things on your plate for more veg. At dinner time, aim for half your plate to be veg.

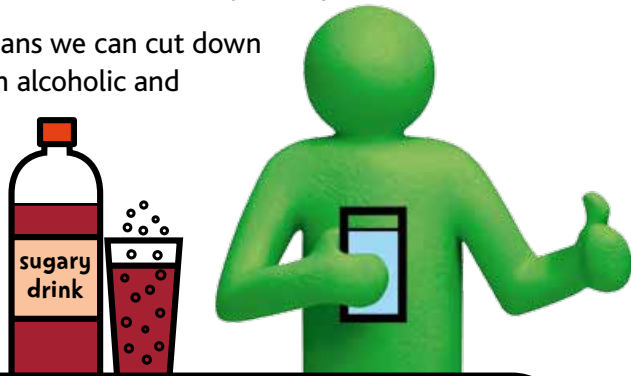
# Drink swap

## How to cut down on calories in drinks, without having to say 'no'

Most of us enjoy a drink. And indeed, having the odd drink isn't bad for us. But we often forget that many of the drinks we have, both alcoholic and non-alcoholic, contain calories, and these can really add up.

Making some drinks swaps means we can cut down on some of the calories in both alcoholic and non-alcoholic drinks without having to say 'no'.

Which of these swaps could you make?



### Coffee swap

Swap high-calorie coffee drinks like whole-milk latte and frappe for drinks made with skimmed milk. Instead of extra flavourings or syrups, which also add calories, try a sprinkle of cinnamon on the top to add flavour. A black or skimmed-milk americano is one way to get a caffeine hit without piling on the calories.

### Spritzer swap

A good way to cut down on alcohol calories is to have a smaller glass of wine topped up with soda water.

### Pop swap

Swap sugary fizzy drinks for sparkling water with a slice of lemon or a dash of fruit juice, or even 'diet' versions. Energy and sports drinks can also contain a lot of calories – check the label.

# Getting started

The sooner you start making swaps, the sooner you'll begin to feel healthier and happier. But you don't have to make swaps in all 6 areas straight away if you don't want to. It's more important to choose swaps that you can build into your life long term.

Think about choosing 2 or 3 swaps that you feel you can do and see how quickly you feel better, have more energy and sleep better.

Once your first swaps have become second nature, you can add more. The more you do, the better you'll feel – and you won't have to say 'no' to all the things you love eating, drinking and doing.



To try more swap ideas,  
register with Change4Life  
for more information and tips.

Simply  search **Change4Life** online  
 or call **0300 123 1502\***

\*Calls to 03 numbers should cost no more than geographic 01 or 02 calls, and may be part of inclusive minutes subject to your provider and your call package. We're open from 9am to 8pm, 7 days a week.

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**Eat well Move more Live longer**