

adult audience behaviours

why change4life?

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 people report a loss of energy and confidence. It also increases our chances of getting heart disease, type 2 diabetes, some cancers and having a stroke.

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 can lose a bit of weight and start to feel better, sleep better and have more energy.

These ideas and tips are intended to get you started on a positive path towards better health.

swap it don't stop it

How to feel healthy without cutting out all the things you love

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.

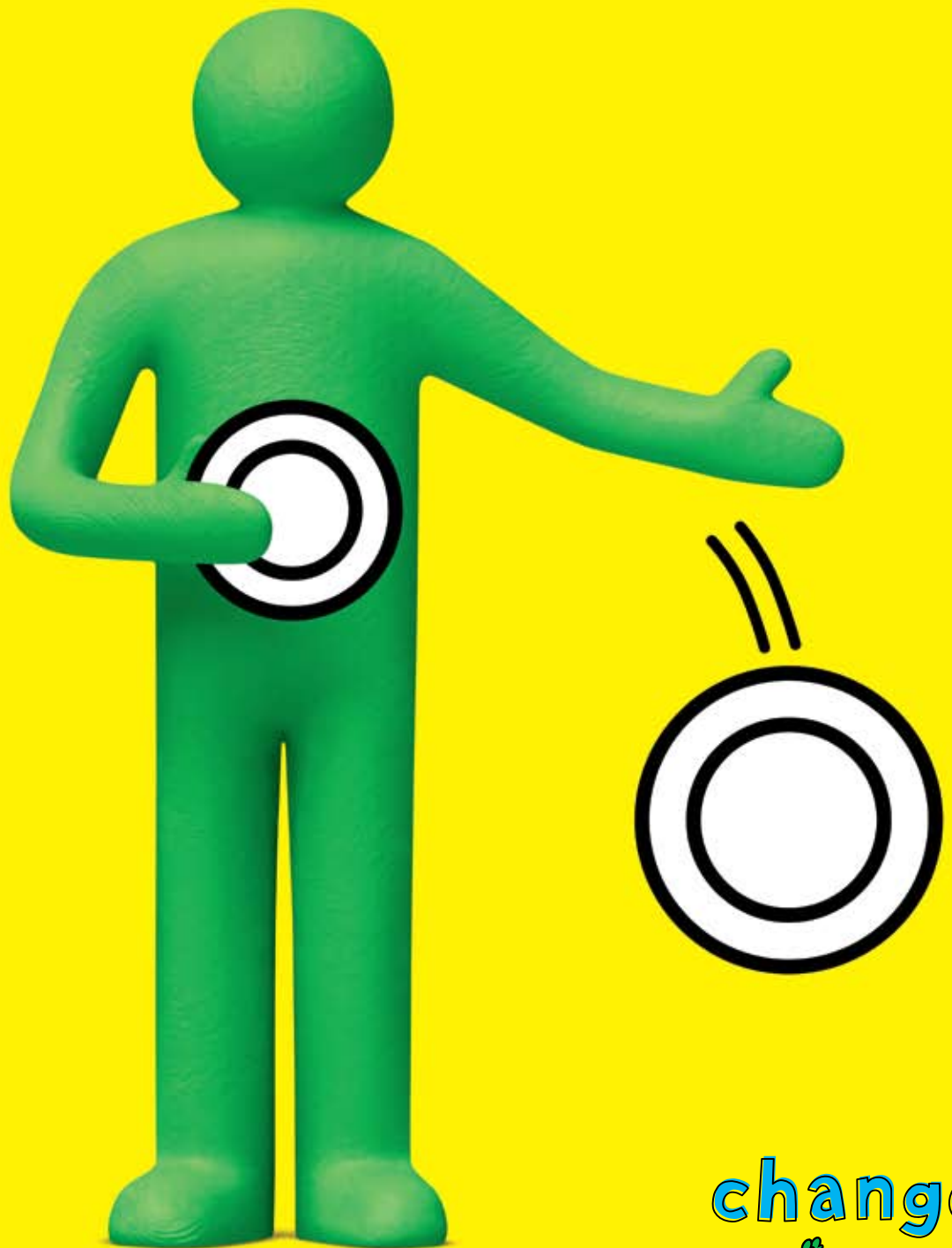
The good news is you don't have to completely, you can swap some things instead.

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.

plate swap

How smaller plates and portions help prevent us eating too many calories



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plate swap

We were all brought up to finish the food on our plate.

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

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

tips

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. Aim for half your plate to have veg on it. Or swap a large meal for a smaller meal with fruit for dessert.

Speed swap

It takes time for our brains to register that we are full, so try to eat slowly. If you're eating with friends try pacing yourself to the slowest eater.

Pack swap

Many foods and drinks are packaged for sharing. Try sharing or saving some for later (it'll save you money too).

Focus on food

Eating distractedly e.g. in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.

Size swap

In restaurants, go for the smaller portion, not the super-size one. The same for take-aways and convenience food. At home, put the food you want to eat on your plate and try not to go back for seconds. Aim to feel satisfied, but not stuffed at the end of the meal.

Compare the calories

When shopping for food check the nutrition labels to compare the calories in similar food (e.g. sandwiches, pre-packaged and convenience foods) and choose the ones with fewer calories per portion.

Read the label

For fat, the basic rule is more than 20g per 100g is high fat, 3g or less per 100g is low fat.

For sugar, more than 15g sugars per 100g is a high sugar food, 5g or less per 100g is a low sugar food.

For salt, more than 1.5g salt per 100g is high in salt, 0.3g or less salt per 100g is a low salt food.

When choosing between two different types of food check the nutrition label for the calorie content and go for the lower calorie option.

Go green

Some packaging uses a traffic light system which makes it easy to choose food that is lower in sugar, salt and fat. Look for more “greens” and “ambers” and fewer “reds” in your shopping basket.

Fat swap

Simple tricks like choosing lower fat products (e.g. lower fat cheese, spreads, yogurt and dips), grilling instead of frying and choosing leaner types of meat (such as chicken or turkey without the skin or beef, pork or lamb with all the visible fat trimmed off). Cutting / draining the visible fat off meat can also help lower the amount of fat we eat.

Adding spices can help to flavour lean meat that has had the fat cut off.

Swapping french fries for oven chips can lower fat.

Compare food labels and look for lower (the basic rule is more than 20g per 100g is high fat, 3g or less per 100g is low fat).

When shopping compare food labels and switch to the one that’s marked lower or low fat or fat free. Some packaging uses a traffic light system which makes it even easier to choose food that is lower in fat. Look for more “greens” and “ambers” and fewer “reds” in your shopping basket. The same goes for salt and sugar.

Spreads, mayonnaise and salad dressings are very high in fat – so look for lower fat options and try using less.

Sugar swap

Some sugars are easily spotted, but others are not so obvious. There are easy ways to make sure that sugars aren’t hiding in the foods you eat.

When shopping compare food labels and switch to the one that’s marked lower in sugar or sugar free. Some packaging uses a traffic light system which makes it even easier to choose food that is lower in sugar. Look for more “greens” and “ambers” and fewer “reds” in your shopping basket. The same goes for salt and fat.

Look for lower - check the “nutrition information” panel on products - the basic rule is that 5g or less per 100g is low sugar and more than 15g per 100g is high sugar. You can also look at the “ingredients” list – the further down the list sugar is, the less sugar it contains. Sugar can also be listed as sucrose, glucose, fructose, maltose, hydrolysed starch and invert sugar, corn syrup and honey, so look out for those words too.

Swap sugary drinks (like sugary fizzy drinks, cordial and fruit drinks) for drinks with no added sugar or sugar free drinks such as skimmed, 1% or semi-skimmed milk, water with a slice of lemon, 100% unsweetened fruit juice (try diluting this with water).

Swap sugary cereals for healthier breakfast alternatives (see breakfast swap).

Swap sugary snacks for healthier alternatives (see snack swap).

Take away swap

Fish & Chips. Choose more fish and fewer chips e.g. swap battered sausage with chips for haddock and a small portion of thick-cut chips and mushy peas or baked beans.

Pizza. Go for a thin base and choose healthier toppings e.g. swap deep pan pepperoni pizza for thin and crispy chicken pizza and salad. Swap spicy sausage and extra cheese toppings for tomato, mushrooms, sweetcorn or tuna.

Chinese. Choose steamed and stir-fried dishes over crispy and fried ones e.g. swap fried rice for steamed rice. Swap lemon chicken or crispy duck for chicken chop suey. Swap battered sweet and sour pork with szechwan prawns.

Indian. Avoid the creamy dishes and go for tomato-based sauces or grilled dishes e.g. swap chicken korma with fried rice for tandoori chicken or chicken bhuna with steamed rice. Swap beef or lamb with chicken, prawn or vegetable and naan for chapati. Order a side dish of steamed or boiled veg.

Thai. Avoid the coconut cream-based curries and go for the stir-fry option e.g. swap green curry with sticky rice for a chicken stir fry with steamed rice.

Burgers. Steer clear of cheese toppings and extra chips e.g. swap a cheeseburger and chips for a beefburger with tomato, lettuce and relish.

Kebabs. Choose chicken over doner, it's leaner. Swap a doner kebab and chips for shish kebab in pitta with salad.

Breakfast swap

Swap sugary cereals for:

- Unsweetened wholegrain cereals with sliced bananas, raisins, apple, strawberries, or sliced tinned peaches in their natural juice – the fruit will make it taste sweet so you don't need to add any sugar. Eat with skimmed, 1% or semi-skimmed milk.
- Cereals with less added sugar like bran flakes or wholewheat biscuits.
- Porridge with bananas as a warm breakfast.
- Boiled egg and wholemeal toast.
- Fresh or tinned fruit and lower fat yoghurt.

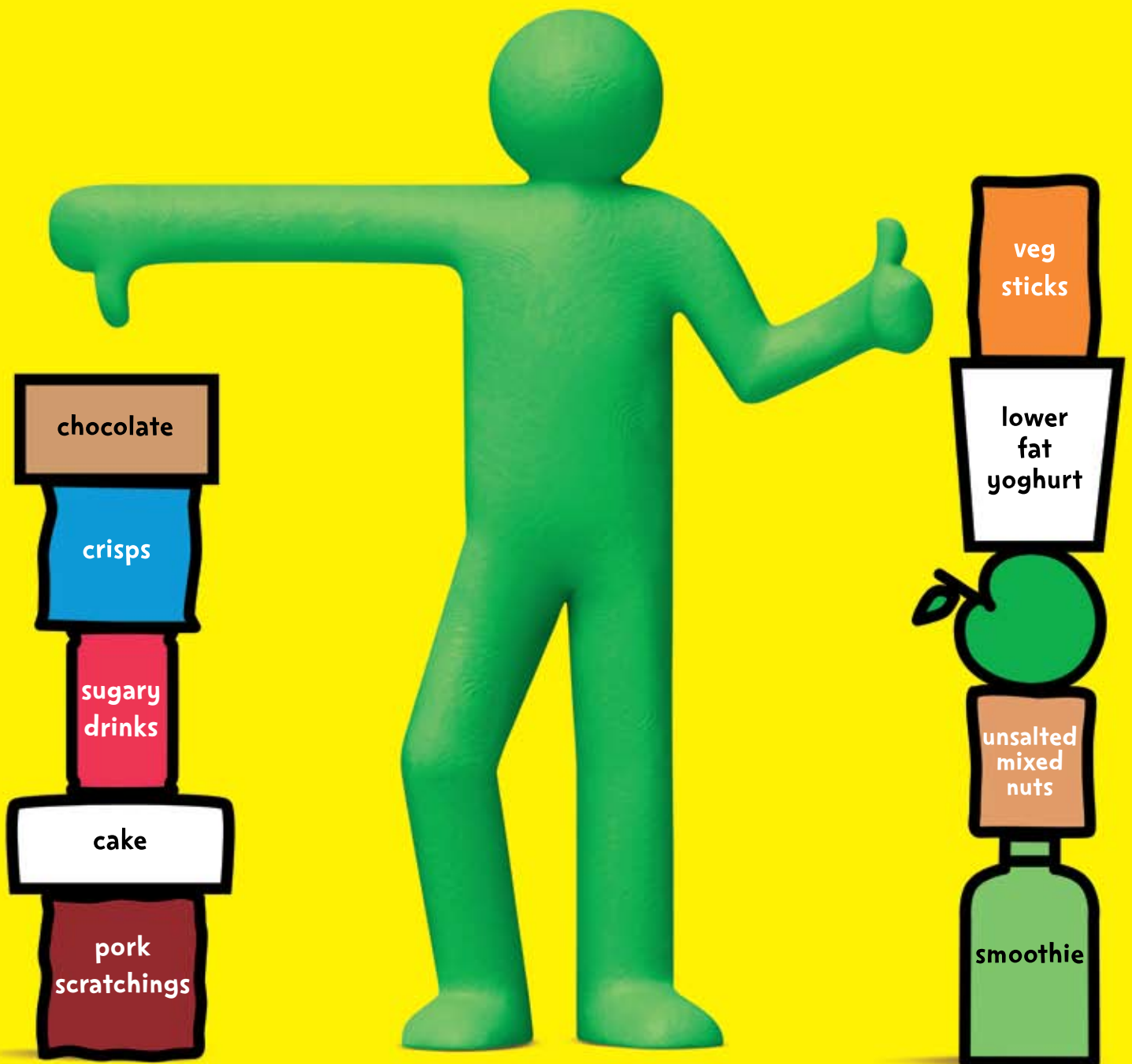
Swap fry ups for grill ups.

Swap fried eggs for poached, scrambled, or boiled.

Swap bacon sarnies on white, for a grilled bacon sarnie on wholemeal (add tomato and it will help you towards your 5 A DAY).

snack swap

How to stay healthy
without giving up all snacks



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snack swap

When we are busy, distracted or bored we often look for a snack.

That means we often 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.

tips

Instead of...	Try...
Chocolate bars	Frozen fruit – you can get bags of frozen strawberries and raspberries. Defrost it and have with lower fat yoghurt, or blend it into a smoothie
Hard coated candy	
Sweets	Small handful of cranberries or raisins, or a couple of dried apricots / pears
Biscuits	Ice pops and plain lollies - make your own with 100% unsweetened fruit juice frozen in a lolly / ice cube tray
Cakes	Canned fruit – try peach, pear, pineapple slices in their own juice
Pastries	Smoothie – you can make your own by blending some frozen fruit, lower fat milk / yoghurt and some 100% unsweetened fruit juice
Ice cream	Fresh fruit – look out for fruit that’s in season, it can be cheaper, e.g. handful of grapes or strawberries
Sugared or toffee popcorn	Lower fat yoghurt – make sure it doesn’t contain added sugar and then add fruit for a delicious snack or pudding
	Lower fat frozen yoghurt – make sure it has no added sugar
	Lower fat rice pudding – check the label for sugar too
	Oatmeal cookies - but check the label to make sure they are lower fat, salt and sugar varieties
	Baked fruit – put rhubarb, apples or pears into a dish and bake them for about 30mins – serve with lower fat yoghurt. Delicious!
	Or stew the fruit by cooking gently in a saucepan with a little water or squeezed orange juice – but don’t add sugar. Serve with lower fat yoghurt and maybe a little honey
	Or check the label and go for lower fat, lower sugar desserts

<p>Crisps</p> <p>Salted nuts</p> <p>Pork scratchings</p>	<p>Baked crisps</p> <p>Pitta and lower fat dips e.g. salsa, tsatsiki, reduced fat hummus or guacamole</p> <p>Toast with thin layer of honey or jam</p> <p>Rice cakes or corn cakes with lower fat cream cheese and cucumber</p> <p>Roast vegetables – put chopped parsnips, onions and red peppers into the oven for 40 mins – they go sweet and taste great</p> <p>Celery sticks filled with lower fat cream cheese</p> <p>Small handful of unsalted nuts</p> <p>Small handful of unsalted mixed nuts and raisins</p> <p>Small handful of sunflower seeds</p>
<p>Sugary drinks. Some of the following can contain lots of sugar - check the label to make sure:</p> <p>Sugary fizzy drinks</p> <p>Energy drinks</p> <p>Cordial</p> <p>Flavoured water</p> <p>Fruit juice</p> <p>Milk shakes</p>	<p>Water with ice and lemon</p> <p>Tea or coffee (go easy on the sugar!)</p> <p>Herbal tea</p> <p>Hot water with ginger, lemon and honey</p> <p>Milk – semi-skimmed, 1% or skimmed</p> <p>100% unsweetened fruit juice (fruit juice contains a lot of naturally occurring sugars, so try diluting it with water)</p>

and here are a few more tips

Read the label

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Go green

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Out of house out of mind

If we buy snacks, we will eat them. One of the best ways of cutting back on snacking is not to buy snacks in the first place.

Out of sight out of mind

If we can see food, it's human nature to want to eat it. Keep snacks hidden away so you don't get tempted.

'Un-convenience' snacks

We are less likely to eat them if they are harder to get to. Re-seal jumbo bags of crisps or sweets, put unhealthy snacks at the very top or very back of cupboards.

Snack size

Rather than eating straight out of a big packet (which could make us eat up to a quarter more without even realising or really enjoying it), put your snack in a separate bowl.

Have breakfast

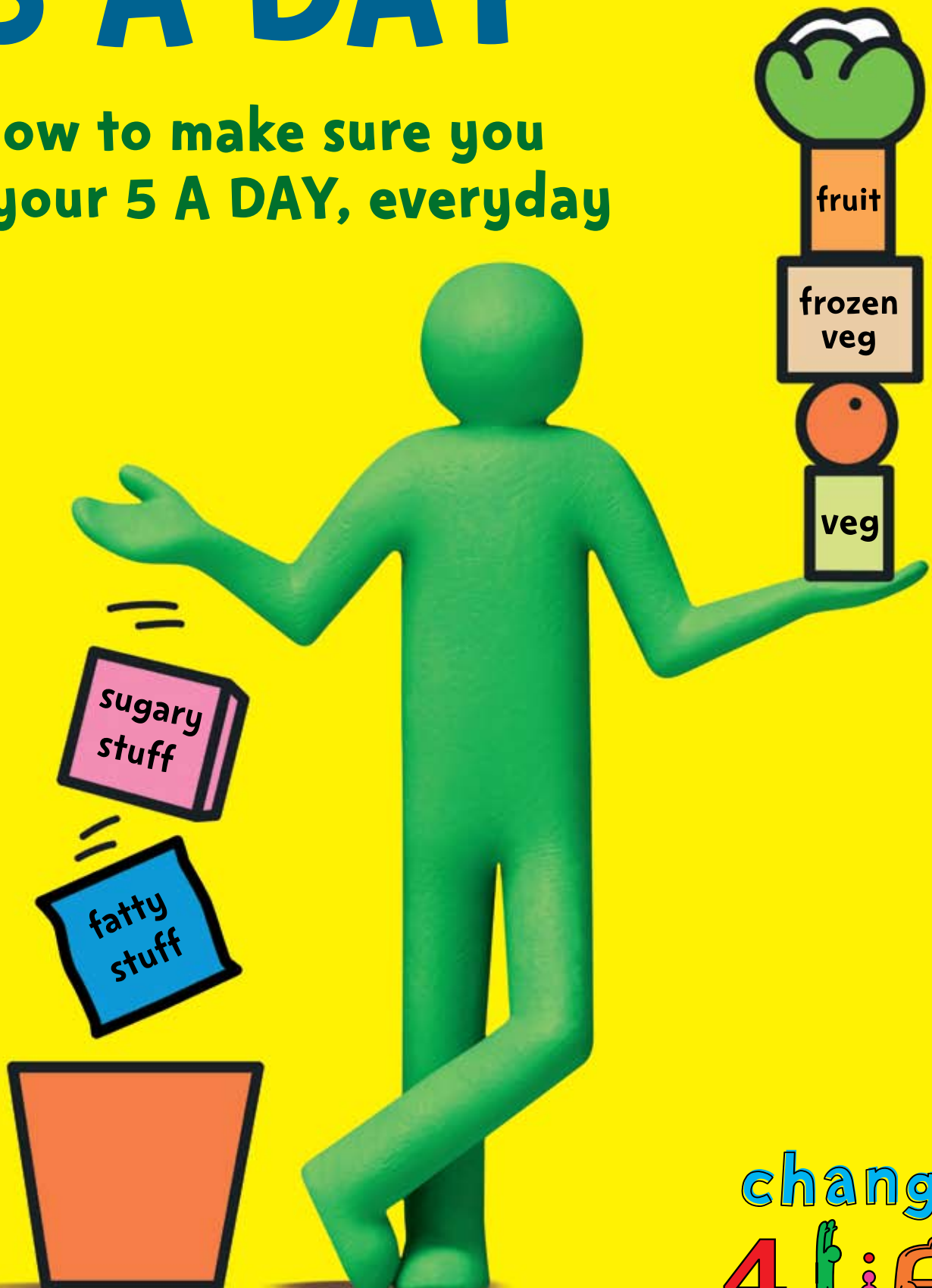
Have a healthier breakfast. Having breakfast in the morning means you are less likely to want to snack before lunch.

Focus on food

Eating distractedly e.g. in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.

swap for 5 A DAY

How to make sure you
hit your 5 A DAY, everyday



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swap for 5 A DAY

We've all heard of 5 A DAY and know it's important for our health. But we all need a bit of help getting to our 5 A DAY every day. Here are loads of ideas of how to get at least 5 A DAY.

tips

Breakfast one

Add fruit to cereal, porridge or lower fat yoghurt (a handful of berries or a chopped banana).

Defrost one

Frozen fruit and veg count, it only takes a couple of minutes to microwave some frozen peas.

Open one

Canned fruit and veg count too. It's healthier to choose canned fruit in juice and veg in water rather than canned in sugary syrup or with added salt and sugar.

Sprinkle one

It's easy to add fresh, frozen or canned fruit and veg to meals. Try sprinkling sweetcorn on top of a thin-based pizza.

Add one

It's easy to add fruit and veg to meals. Try adding chopped carrots to spag bol, sprinkle red peppers on your pasta, or mix veg like peas into mashed potato to make it even tastier. Add tomatoes to your omelette or mushrooms into your next stir fry.

Lunch one

Add some crunch to your sandwiches with lettuce, tomatoes, cucumber or grated carrots and have a piece of fruit with your lunch.

Dip one

Dunk veg in a lower fat dip. Sticks of cucumber, peppers, carrot sticks and even cauliflower all go well with lower fat dips like salsa or a lower fat cheese spread.

Snack on one

See 'snack swaps' for lots of ideas.

Pulse one

Add beans, lentils and pulses to stews, bakes and salads – remember, only one of your 5 A DAY can come from pulses.

Side dish one

Have a salad or veg with your main meal. If you're ordering shepherd's pie, get some peas too. If you're having a roast dinner make sure you've got some carrots or broccoli on your plate.

Drink one

A glass (150ml) of 100% unsweetened fruit juice counts but remember, only 1 glass a day counts! Or try making a quick smoothie in a blender using your favourite fresh or frozen fruits. If you are buying a fruit smoothie check the bottle - the label often tells you how many portions of your 5 A DAY the smoothie contains.

Another useful tip is to eat a variety of fruit and veg and you'll be more likely to hit your 5 A DAY without getting bored.

Do you know what counts as a portion?

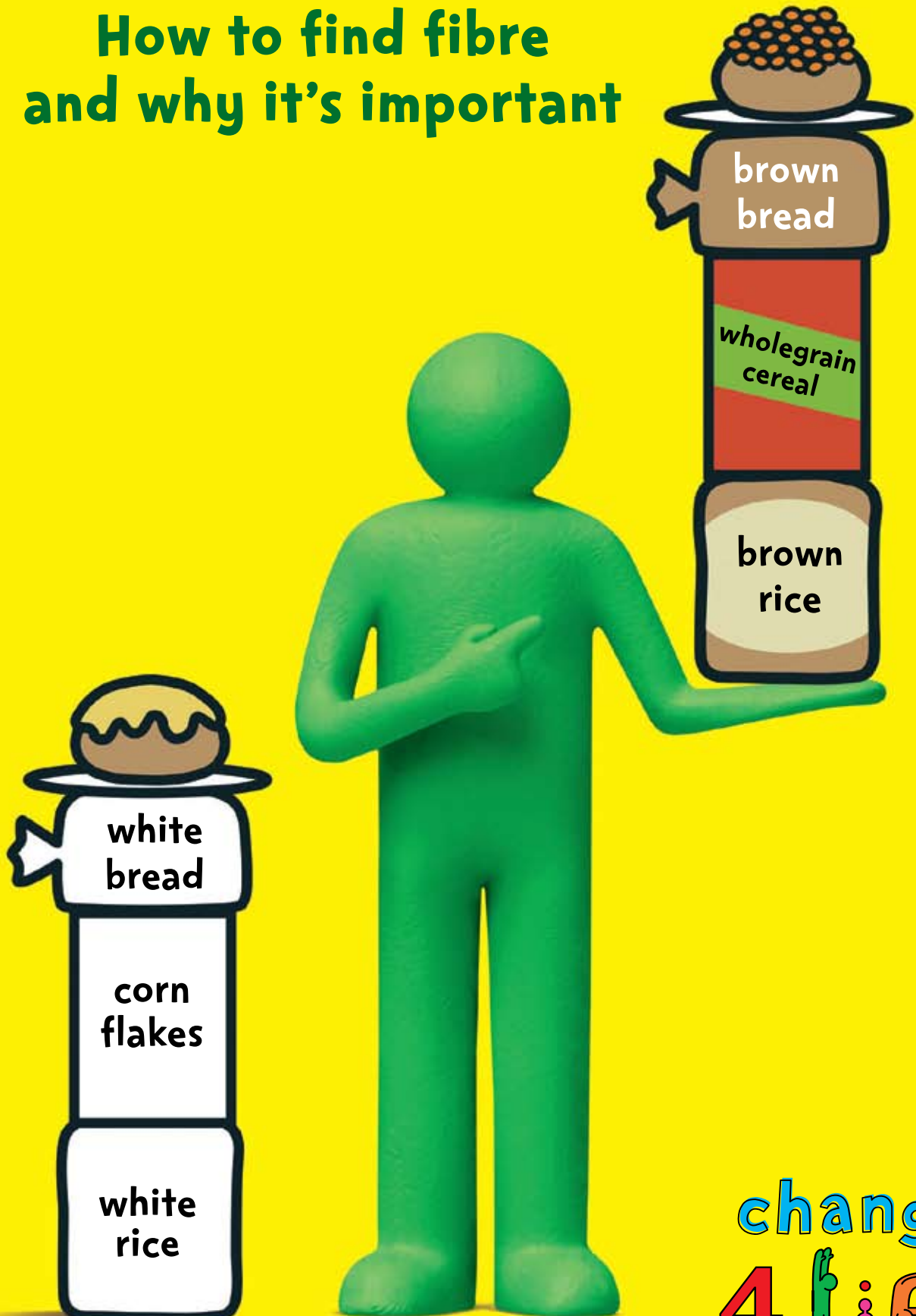
One adult portion of fruit or vegetables is 80 grams (about three ounces).

- One portion of vegetables (80g) is the equivalent to 3 heaped tablespoons of peas, beans or pulses, 2 broccoli spears or a dessert bowl of salad.
- One portion of fruit (80g) is the equivalent to a slice of a large fruit (e.g. a slice of melon or half a grapefruit), 1 medium sized fruit (e.g. an apple), 2 small sized fruits (e.g. 2 plums or satsumas), and a heaped tablespoon of dried fruit equivalent to its reconstituted weight of around 30 grams.
- One 150ml glass of 100% unsweetened fruit or vegetable juice can count as a portion (but remember only one glass counts no matter how much you drink).
- Some smoothies can count as up to 2 of your 5 A DAY depending on how it has been made.

For more info about what counts see www.nhs.uk/5aday & www.eatwell.gov.uk

fibreswap

How to find fibre
and why it's important



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fibre swap

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

Fibre is only found in foods which come from plants e.g. fruit and vegetables, seeds, grains, wholegrain bread, brown rice and pasta, oats, beans, peas and lentils.

Fibre not only helps to protect us from constipation, it also 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 can help us to control our weight.

That's why fibre's so important.

tips

It's easier than you think to find the fibre:

Breakfast swap

- Not only does breakfast help keep your energy up at the start of the day, it's a good chance to get some fibre in your diet.
- White bread has most of the fibre stripped out of it. So swap white toast for wholemeal or wholegrain toast.
- Swap pastries or sugary cereals for high fibre cereals e.g. bran flakes, unsweetened muesli, and porridge oats (watch out for added sugar!)

Lunch and dinner swap

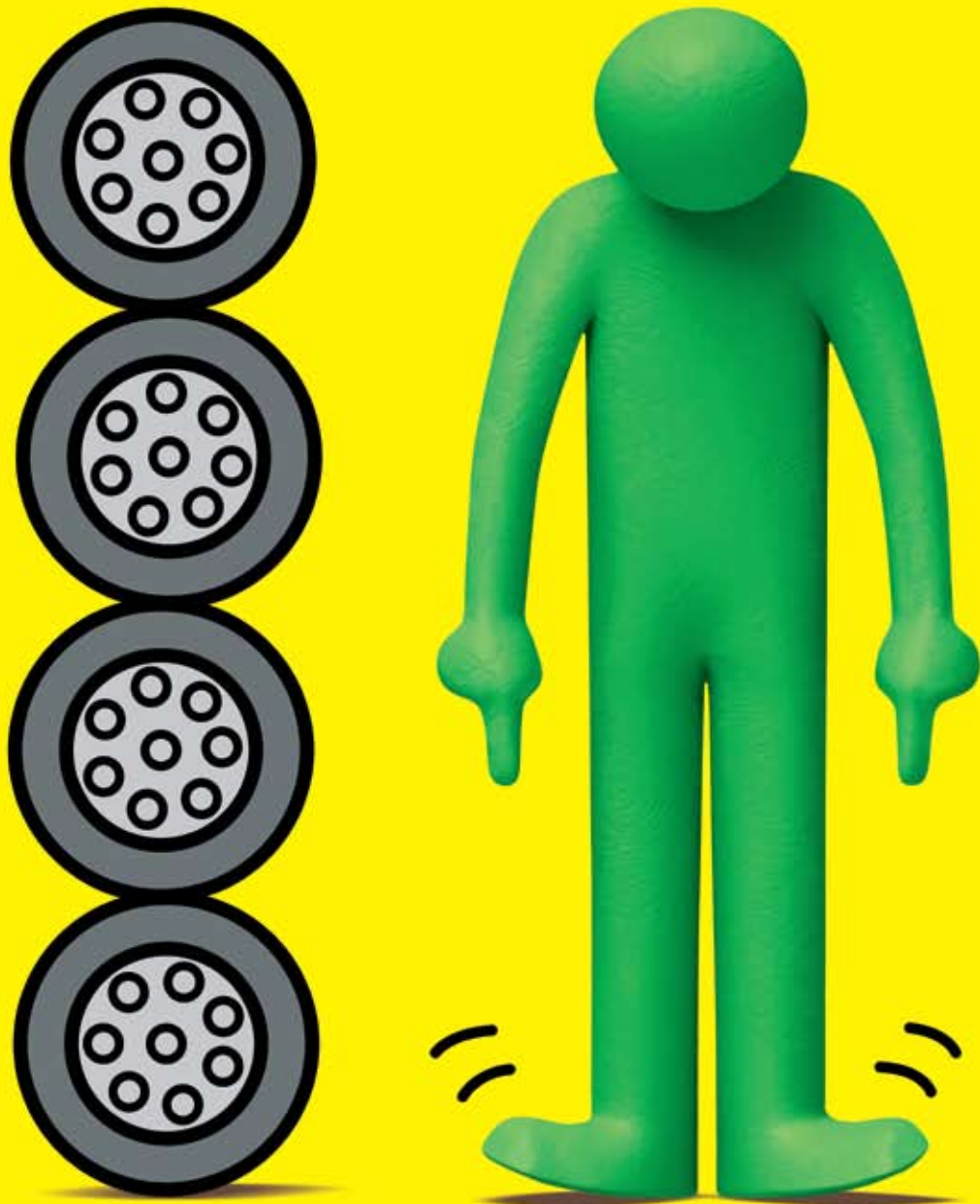
- Just like white bread, white pasta and rice have had the fibre stripped out. So swap white for wholemeal versions. Simply doing this can double the amount of fibre you've eaten.
- Get some pulses into your meals, like lentils, beans or peas. These all contain fibre that helps lower cholesterol. Swap lasagne for chilli con carne, it contains loads of pulses, or add lentils or beans to stews. You could add some baked beans to your baked potato (and if you keep the skin on your baked potato that adds to your fibre intake too).
- Fibre is found in veg so try swapping some of the other things on your plate for more veg – aim for half your plate to be veg at dinner.

Snack swap

- Fibre is found in fruit and veg too – where possible leave the skin on to get even more fibre!
- Try snacking on a small handful of unsalted nuts and seeds. Or dip some carrot or cucumber sticks in reduced fat hummus – it'll up your fibre and the veg contribute towards one of your 5 A DAY.

swaps to get you up & about

Try swapping 4 wheels for 2 feet



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swaps to get you up and about

Many of us don't like the idea of doing exercise. It might be that we are too busy, or 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 and strengthens joints so that you don't feel so achy. It doesn't have to be vigorous – all movement counts. Getting more active can also help us feel better about ourselves and we all get a boost from doing something positive.

You don't have to dig out your old track suit to get started – there are 3 ways you can get more activity into your life and build up to being active for 5 x 30 minutes each week. Every 10 minutes counts so it's easy to get going. Succeeding in even one of them can help you feel stronger, fitter and more energetic.

tips

Reduce time spent sitting down

If you spend a lot of time sitting down in the day whether at home, travelling, or in your job, try to find ways of reducing it and finding active alternatives. Even standing or walking are better for you than sitting. It might seem like a small change but getting up and about on a regular basis does make a difference. It's as simple as thinking feet first and getting moving a bit more.

- Take the stairs whenever possible.
- Park the car further away from where you are going – whether it's a few blocks from the shops or on the furthest side of the car park and walk those extra steps.
- If you work in an office, deliver messages in person rather than over the phone or email.
- Get off the bus a stop early.
- Get a pedometer and see how many steps you do each day. Then increase the total by 10% each week.
- Try ditching the TV remote – if only for a couple of evenings a week. If you have a cordless phone, make calls while wandering around the house or garden – every step counts.
- See how many times in a day you can use your feet – whether it's simply getting off your chair and walking a few steps across the office, or taking the stairs not the lift, small amounts soon add up to a more active and capable body for the long term.
- We all need time to relax, but be aware of when you've been sitting down for a long time, whether it's watching the television or on the computer. Get up, stretch your legs and find something active to do for 10 minutes.

Active travel

Try to find ways of building regular activity into your daily routine. We all know it can be hard to find time to exercise in our already busy lives, so find ways to exercise that fit with the things you already do like walking the dog or cycling to work. It will be much easier to build it into your life for the long term and it all counts towards your 5 x 30 minutes of activity a week. Frequency and regularity are key so starting with something small, but doing it on a daily basis will really make a difference and it will soon become second nature.

- If you're looking for one keep fit activity a day, walk to work or to the station and you're sorted.
- Start taking the dog for longer walks.
- Walk the kids to school every day instead of taking the car.
- Walk to the local shops for your daily paper instead of driving and get some fresh air at the same time.
- Why not try cycling to work? It's a great alternative to the bus or car and can be quicker and much more convenient too – you'll avoid traffic jams and save money.
- Agree a personal target with a friend and stick to it. This might be a mile walk a day, 10,000 steps a day, or walking 3 times a week.
- Meeting friends for a coffee? Meet them for a walk to the cafe instead.

Active hobbies

Being active is all about having fun – after all, if we don't enjoy it, we won't keep it up. We all deserve to spend some time on ourselves, doing something we enjoy.

There are lots of activities out there that are really fun and social, give you some 'me time' and are a great way of keeping healthy. Try a few and see which is right for you.

The aim 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. The aim is to build up to doing this for a total of 30 minutes a day 5 days a week.

There are many activities you can try and you can build up to your 5 x 30 in your own way.

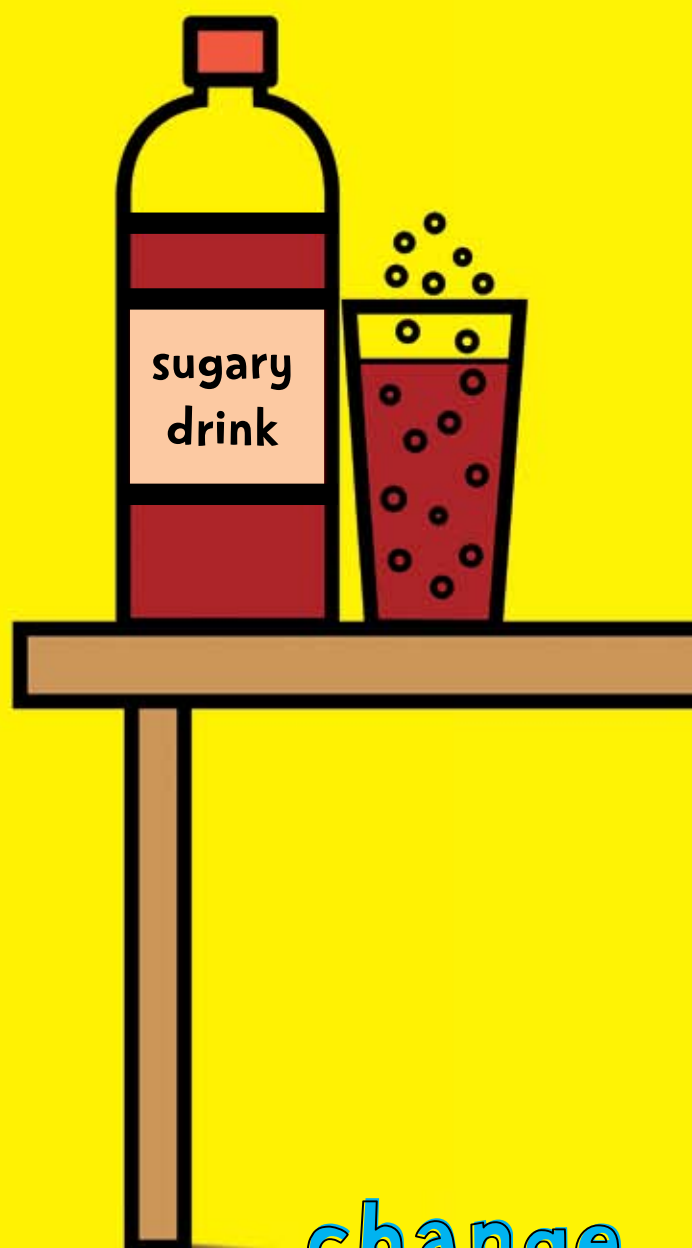
Here are some ideas to get you started:

- A brisk walk in the park can give you some thinking time and is a great way to de-stress – take a friend along and it's much more social too.
- Find out about local walks in your area – see www.nhs.uk/letsgetmoving or get in touch with your local council.
- Gardening is a great way of being active – and keeping your garden tidy too.
- Dancing is a really fun way of burning energy – it can be in a class with others, in front of the TV or radio. All you need is a great tune.
- Get on your bike! Cycle round your local park or find out about cycling routes in your area (see www.nhs.uk/letsgetmoving or search Bike4Life for more information about cycling).
- Why not 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 in your leisure time and a sauna or jacuzzi afterwards makes it relaxing and social too.
- Physical activity doesn't have to feel like hard work – a regular trip to the bowling alley with friends or family is a great way of getting up and about and beginning to build more activity into your life.
- 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 grandkids – who knows, you may have the next Wayne Rooney on your hands one day!
- Try an organised bike ride. Many of them are short distances and are organised away from traffic, so are a great way to get cycling with friends and family.
- If you used to like sport and it feels right for you, why not take something up again. Most local clubs cater to a range of ages and levels – you can build up gradually and it's a great way of meeting people too.
- You could focus on one hobby or try a range of things. The important thing is to work up to getting regular activity that you enjoy into your life.

Once you get started, it's easy to get going. So take the first step today.

drink swap

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



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drink swap

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'.

Read on to find out how...

tips

Soft drink swaps:

Water swap

Try replacing sugary drinks with water flavoured with a slice of lemon. Keep a jug of water in the fridge for a refreshing, and cheap, drink. Make water more exciting by adding a slice of lemon, watermelon, lime or a splash of fruit juice.

Coffee swap

Swap high-calorie coffee drinks like whole-milk latte and frappe for drinks made with 1% or 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.

Smoothie swap

Smoothies can be high in calories. Compare the bottles and choose the smoothie with the fewest calories. Choose smoothies that are made from fruit alone and don't contain added yogurt or honey – the fruit thickens and sweetens the smoothie by itself anyway.

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.

Milk swap

Swap whole milk for skimmed, 1% or semi-skimmed milk.

<p>Sugary drinks. Some of the following can contain lots of sugar - check the label to make sure:</p> <ul style="list-style-type: none">Sugary fizzy drinksEnergy drinksCordialFlavoured waterFruit juiceMilk shakes	<ul style="list-style-type: none">Water with ice and lemonTea or coffee (go easy on the sugar!)Herbal teaHot water with ginger, lemon and honeyMilk – semi-skimmed, 1% or skimmed100% unsweetened fruit juice (fruit juice contains a lot of naturally occurring sugars, so try diluting it with water)
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Booze swaps:

Slim Jims

On average people pour a third more drink into small fat glasses than tall thin ones, (because the amount poured looks like less in a fatter glass). Try and use slim glasses.

Spritz it or top it

A good way to cut down on alcohol calories is to get a smaller glass of wine with a soda water top.

Mixer swap

Swap sugary mixers for reduced calorie versions.

Booze break

Try having a couple of consecutive days in the week when you stick to low calorie soft drinks.

Out of house, out of mind

If there's alcohol in the house, then we're likely to drink it. One of the best ways of cutting down is to simply stop stocking up on the alcohol we keep at home.

Sup and savour

Drinking slowly means you are more likely to drink less over the course of the evening. Don't feel pressured to keep up with others.

Have a 'spacer'

Space your alcoholic drinks over the evening by having a glass of water or low calorie soft drink in between.

Re-stopper

Don't feel like you have to finish the bottle.

Pace yourself

Pace yourself to the slowest drinker and there'll be fewer rounds in the pub.

Make mine a half

It can be difficult when people are getting a round in to say no, so why not get a half instead?

Make it last

If you are drinking spirits, top a single shot of spirits right up with low calorie mixer. It will last longer and you'll probably drink less overall.

Wait 'til later

Try starting later to help you drink less overall.