

10 top tips for a healthy weight



Together we will beat cancer

Keeping a healthy weight has loads of benefits, and an important one is reducing the risk of cancer.

But in the world we live in that can be tough. These 10 weight loss tips are based on scientific evidence and can help you make healthy habits that are easy to stick to every day. So, let's get going.



1. Keep to your meal routine

Eating at roughly the same times each day, whether that's two or five times, helps avoid unplanned meals and snacks.

Plan to succeed. Pick an eating pattern to fit your daily routine – check in at the end of the day to see how you got on.

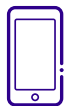
Make your changes stick



Plan ahead: Think about how you'll fit the tips into your daily routine. Doing each one at a similar time every day makes it easier to turn it into a habit.



Be realistic: The sooner you build the tips into your life, the quicker you'll start seeing changes. Try starting with one or two until you feel confident enough to move on to the others.



Track your progress: Whether it's using your phone, a calendar or a notebook, record-keeping helps make your changes stick.



2. Cut down on calories

Foods high in fat and calories like takeaways, some processed meats (like bacon), butter and fried food can make you put on weight.

Swap to good fats. Choose reduced-fat dairy products and go for small amounts of healthy fats from plant oils (like olive or rapeseed), nuts and oily fish instead.



4. Pack a healthy snack

If you snack, having a healthy option on standby can really help when you're feeling hungry.

Snack smarter. Try packing fresh fruit, plain popcorn or a small handful of plain nuts.



3. Walk off the weight

Challenge yourself to walk more each day. A smartphone app can help you keep track.

Step up. Taking the stairs, walking round the room during ad breaks, walking to the shop and getting off one bus stop earlier all add up.



5. Look at the labels

Food labels can help you compare packaged foods. Pick options lower in fat salt and sugar

Labels at a glance. Look out for red, amber and green colour-codes on labels, and choose options that are mostly green. Find out more at [nhs.uk/foodlabels](https://www.nhs.uk/foodlabels)



6. Up on your feet

Sitting less has many benefits beyond just weight loss.

Break up sitting time. Stand more anywhere, anytime - on the bus or train, during TV adverts, or while on the phone.

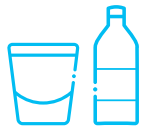


7. Caution with your portions

It's not just what you eat and drink, how much is important too.

Get a good balance by:

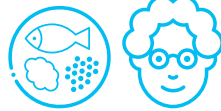
- Filling half of your plate with colourful vegetables and salad. Vegetables like potatoes and yam should be eaten in smaller amounts.
- Filling a quarter with high-fibre wholegrain foods like whole wheat pasta or brown rice.
- Filling a quarter with a healthy protein like unprocessed fish, fresh chicken or pulses like beans and lentils.



8. Think about your drinks

Alcohol, fizzy drinks and energy drinks can be high in sugar and calories. And fruit juice is high in natural sugar, so stick to no more than one small glass a day.

Make water your first choice. And if you fancy mixing it up, try adding sliced lemon to your water or sugar-free squash.



9. Focus on your food

It's easy to eat more if you're on the go, watching TV or working.

Take your time. Eating slowly can be a surprisingly effective way to eat less.



10. Don't forget your five-a-day

Having fruit or veg at every meal makes it easier to get at least 5-a-day.

Freezing is pleasing. Fruit, veg and pulses don't always have to be fresh – frozen and tinned (not in syrup) are good for you too.

Am I a healthy weight?

If you would like more support to reach a healthy weight, you can speak to your GP, nurse or pharmacist who'll be able to help. They may be able to refer you to a weight management service.

4 in 10 cases of cancer in the UK could be prevented

So we're supporting people to reduce their cancer risk.

Our leaflets guide you through the changes you can make and are based on a balance of all the scientific evidence. They're free to order online – just go to cruk.org/leaflets

How to find out more

We're online...



If you're thinking about making changes to improve your health and reduce your cancer risk, there's plenty of information and tips at cruk.org/health

...and on the phone



Our Nurse Helpline is there if you're looking for information or support. Just call **0808 800 4040**.

And if you have any questions about Cancer Research UK or would like to support what we're doing, you can call **0300 123 1022**.