British Heart Foundation

For over 50 years we've pioneered research that has transformed the lives of millions of people living with heart disease. Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease.

But heart and circulatory disease still kills around one in four people in the UK, stealing them away from their families and loved ones.

From babies born with life threatening heart problems, to the many mums, dads and grandparents who survive a heart attack and endure the daily battles of heart failure.

Join our fight for every heartbeat in the UK. Every pound raised, minute of your time and donation to our shops will help make a difference to people's lives.

Text FIGHT to 70080 to donate £3*

FIGHT FOR EVERY HEARTBEAT
bhf.org.uk

*This is a charity donation service for the BHF. Texts cost £3 + 1 standard rate msg. The BHF will receive 100% of your donation to fund our life saving research. To opt out of calls and SMS text NOCOMMS BHF to 70060, or if you have any questions about your gift call 02032827863.

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Being overweight or obese increases your risk of developing coronary heart disease (CHD) and having a heart attack or stroke.

Research also shows that being overweight or obese can raise your blood cholesterol levels, increase your blood pressure, and increase your risk of developing type 2 diabetes.

As these conditions increase your risk of developing heart and circulatory disease, your weight can have a big impact on your long-term health.

The good news is that if you're overweight or obese, you can reduce your risk and help manage some existing health problems by reaching and keeping to a healthy weight.

Even if you don't have any health problems right now, it's important to keep to a healthy weight so you don't develop them in future.

So now it's down to you…

Do I need to lose weight?

You can use a measurement called body mass index (BMI), to work out if you could benefit from losing weight. If you have a BMI of 25 or above, you could improve your health by reaching and keeping to a lower weight.

Our online BMI calculator is a quick and easy way to check your BMI – go to **bhf.org.uk/bmi**



What should I aim for?

Research has shown that losing 5-10% of your body weight can have big benefits for your health, so the aim of this plan is to help you achieve a 10% weight loss.

Of course you can go on to lose more than this if you need to, but 5% and 10% are great realistic targets to begin with.

5%
WEIGHT LOSS TARGET: _____
(divide weight by 20)

10%
WEIGHT LOSS TARGET: _____
(divide weight by 10)

Everyone is different, but national guidelines recommend that for sustainable weight loss, reducing your calorie intake by about 500 to 600 kcal should be combined with stepping up your physical activity levels.

To lose weight:

- the average man can eat or drink 1800 kcal a day
- the average woman can eat or drink 1500 kcal a day.

This plan will help you manage how many calories you take in, while still eating a heart healthy, balanced diet.

KEEPING YOUR BALANCE

Healthy eating for weight loss means getting the right balance of food, as well as the right amount of food.

You need more foods from some food groups and less from others – but you don't need to give up any single food or drink completely. You should choose to eat mainly healthier foods that you enjoy, but it's fine to have a treat now and again.

The Eatwell Plate

Use the eatwell plate below to help you get the balance right. It shows how much of what you eat should come from each food group.

By using this plan, you'll be getting the right balance of food, and also the right amount of food, and calories, that will help you to lose weight.

You don't have to count calories or weigh out your food. Instead, you just need to stick to the right number of portions each day, using the guide overleaf.

Portions are a funny thing – remember that the normal helping of food you have in a meal may contain more than one portion. For example, your normal bowl of rice might count as 2-3 portions.

Stick to the correct amount of portions every day and you'll be well on your way to your first milestone of 5% weight loss. It really is as simple as that!

Food group	1,500 kcal (women)	1,800 kcal (men)
Fruit and vegetables	5 or more portions	5 or more portions
Bread, rice, potatoes, pasta and other starchy foods	7 portions	8 portions
Milk and dairy foods	3 portions	3 portions
Meat fish, eggs, beans and other non-dairy sources of protein	2 portions	3 portions
Spreading fats, oils, dressings & sauces	2 portions	3 portions
Foods high in fat and sugar, alcohol	Up to 100 kcal	Up to 200 kcal

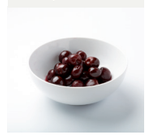
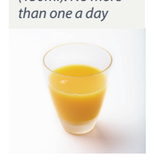


YOUR WEIGHT LOSS PLAN

FRUIT & VEGETABLES

Eat 5+ portions a day

One portion is...

Root vegetables	Corn on the cob	Salad	Whole fresh fruits	Medium fruits	Small fruits
Three heaped tablespoons (80g)	*One whole*	*One dessert bowl*	*One fruit*	*Two fruits (80g)*	*One handful (80g)*
					
Large fruits	**Grapefruit**	**Tinned fruit in natural juice**	**Stewed fruit**	**Dried fruit**	**Fruit juice**
One slice, about 5cm thick (80g)	*Half (80g)*	*Three heaped tablespoons*	*Three heaped tablespoons*	*One heaped tablespoon (30g)*	*One small glass or small carton (150ml). No more than one a day*
					

- Potatoes, yams and plantain don't count towards your '5 a day'.
- Fruit juice, smoothies and dried fruits are quite concentrated in calories. Keep to only one portion a day.
- Only one portion of pulses like kidney beans, chickpeas and baked beans can be counted as fruit and veg. Any more portions should be counted as a starchy food.
- Avocado pears are high in calories. Have them as a salad garnish only once a week or half an avocado occasionally as a treat.

PROTEIN

Eat 3 portions a day

Eat 2 portions a day

One portion is...

Cooked lean meat (without skin & all visible fat removed). *Piece about the size of a pack of cards (60g-90g)*	**Fish** White *One medium fillet (150g raw)*	**Fish** Oily *One medium fillet (140g raw)*	**Fish fingers** *Three*	**Baked beans in tomato sauce** (low-sugar and low-salt if possible) *One small tin (200g)*	**Lentils** *Five tablespoons, cooked*
					
Beans e.g. red kidney beans, butter beans, chick peas *Five tablespoons, cooked (140g)*	**Peanut butter** (unsalted) *Two level tablespoons*	**Quorn™, tofu or soya** *Two sausages or 120g (uncooked weight)*	**Eggs** *Two*	**Nuts** (unsalted) *Two level tablespoons*	
					

- Some protein foods may be high in fat. Choosing lower fat alternatives will help you get extra protein without the extra fat and calories.
- Choose lean cuts of meat, remove visible fat and skin and limit how often you choose processed meat such as burgers and sausages.
- Cook without adding fat – bake, steam, grill, poach or microwave.

MILK & DAIRY FOODS

Eat 3 portions a day

One portion is...

Milk Semi-skimmed or better still, skimmed *One Glass (200ml)*	**Yoghurt** Plain or flavoured, low-fat and low-sugar *Large pot (200g)*	**Cheese** Preferably lower-fat (Brie, Camembert, Edam) *One matchbox sized piece (30g)*	**Cream cheese** Reduced-fat or low-fat varieties *One matchbox sized piece (80g)*	**Fromage frais** *Small pot (150g)*	**Low-fat cottage cheese** *Large pot (200g)*
					

- This group doesn't include butter, margarine or cream
- The fat content varies a lot between different foods in this group. Choose lower-fat versions when you can.
- If you don't drink milk or eat dairy foods, it's good to use a milk substitute like soya milk, with added calcium – go for the unsweetened versions.

FOOD & DRINK HIGH IN FAT AND SUGAR

Up to 200 calories a day

Up to 100 calories a day

Quick calorie guide...

Sugar *One teaspoon 16 kcal*	**Jam** *One teaspoon 25 kcal*	**Spirits (ABV 40%)** *One measure or 'shot' (25ml) 56 kcal*	**Chocolate** *Three squares 78 kcal*	**Biscuits, plain** *Two 100 kcal*	**Sweets** *One small tube or bag 90 kcal*
					
Glass of wine (ABV 12%) *One small glass (125ml) 100 kcal*	**Ice cream** *One small scoop 100 kcal*	**Lager, cider or beer (ABV 5%)** *Half pint 117 kcal*	**Bottle of beer (ABV 5%)** *One 330ml bottle 135 kcal*	**Slice of cake** *One small slice (50g) 150 kcal*	**Crisps** *One small packet (25g) 150 kcal*
					

- While these foods can be included in a balanced diet, they are not essential. Aim to have only a small amount – swap for healthier versions or keep for special occasions only.
- If your favourite foods aren't on this list, use the information on the packet to work out how many calories are in a serving.

To order your full BHF weight loss guide, go to **bhf.org.uk/factsnotfads**

BREAD, RICE, POTATOES, PASTA & OTHER STARCHY FOODS

Eat 8 portions a day

Eat 7 portions a day

One portion is...

Bread or toast *One slice, medium thickness*	**Bread bun or roll** *Half a large bun / roll (30g)*	**Pitta bread or wrap** *Half or one mini*	**Chapatti** *One small*	**Crumpet/pikelet** *One*	**Malt loaf** *One small slice (35g)*
English muffin *Half a whole*	**Bagel, plain or cinnamon and raisin** *Half*	**Muesli** Crunchy oat / granola *One tablespoon (20g)*	**Weetabix** *One biscuit*	**Quinoa** *Two heaped tablespoons of plain cooked quinoa (80g)*	**Breakfast cereal** e.g. flakes, crispies, porridge oats *Three tablespoons (20g)*
Oats *Three tablespoons (20g) uncooked, (40g) cooked*	**Muesli** Not crunchy *Two tablespoons (20g)*	**Shredded wheat** *One biscuit*	**Rice** *Two heaped tablespoons of plain boiled rice (80g)*	**Crackers** *Three*	**Crispbreads** *Four*
Couscous *Two tablespoons of plain cooked couscous (40g)*	**Pasta** *Three heaped tablespoons of plain boiled pasta (80g)*	**Potatoes** *Two egg-sized*	**Egg noodles** *Half individual dry serving (25g). Three heaped tablespoons of cooked (80g)*	**Yam** Boiled *Two egg-sized pieces or a 11/2-inch thick slice (60g) cooked*	**Plantain** Steamed *One medium-sized*

SPREADS, OILS, DRESSINGS AND SAUCES

Eat 2-3 portions a day

One portion is...

Mayonnaise *One teaspoon*	**Low-fat spread** *Two teaspoons*	**Oil, butter, margarine or ghee** *One teaspoon*	**Mayonnaise/ blue cheese dressing/ salad cream** *One teaspoon*	**Gravy or white sauce (made with cornflour, no fat added)** *Four tablespoons*	**Low-calorie mayonnaise, cream or crème fraiche** *Two teaspoons*

TOP TIPS FOR HEALTHY WEIGHT LOSS

- Get moving and do at least 150 minutes of moderate intensity activity a week – that's activity that makes you feel warmer, breathe harder and makes your heart beat faster than usual.
- Overcome obstacles with forward planning – Think about how you will deal with challenging situations before they arise, for example by keeping a banana with you instead of having a biscuit, or checking restaurant menus in advance to find a healthy option.
- One treat is not a defeat – if you break your plan for a few hours or days it is not the end of the world. Learn from what went wrong and get back on track as soon as possible.
- Think about drinks – alcohol is high in sugar and calories. Water is the best choice but you can include other non alcoholic drinks during the day like sugar free squash or fruit juice. Choose sugar free or diet fizzy drinks.
- Choose foods that are lower in fat, salt and sugar when you can. Check the labels to help make your decision.

All measures per 100g	**Low** A healthier choice	**Medium** OK most of the time	**High** Just occasionally	
Sugars	5g or less	5.1g – 22.5g	More than 22.5g	More than 27g /portion
Fat	3g or less	3.1g – 17.5g	More than 17.5g	More than 21g /portion
Saturates	1.5g or less	1.6g – 5g	More than 5g	More than 6g /portion
Salt	0.30g or less	0.31g – 1.5g	More than 1.5g	More than 1.8g /portion