

Tips on how to lose weight safely

- ◆ Cut down on “bad fats” (saturated fat). These are found in cakes, biscuits, pastries and takeaway foods.
- ◆ If you lose weight slowly, you are more likely to keep it off. Aim to lose no more than 1kg (2lb) each week.
- ◆ Eat more fruit and veg. Think of filling half your plate with veg or salad. Split the other half between meat, fish, beans or eggs and potatoes, rice, pasta or bread.



- ◆ Aim to walk somewhere everyday so you become more active. Try getting off the bus one stop early.
- ◆ Set yourself small exercise goals. For example, you could use street lamps as markers to increase the distance you walk each day.
- ◆ See if a friend will walk with you, or join a local healthy walks group.

My plan to lose weight

The three changes I can make today to lose weight:

- 1)
- 2)
- 3)

My target weight:	
My progress:	
My weight on __/__/__	

**Remember:
small changes can make a big
difference over time!**

Useful website addresses:

- ◆ Food Standards Agency: www.eatwell.gov.uk
- ◆ The British Dietetic Association: <http://www.bda.uk.com/foodfacts/index.html>
- ◆ Walking the way to Health: <http://www.whi.org.uk/>



**Getting the best
from your
antipsychotic
medication:
Weight gain
and what you
can do about it.**



This leaflet explains why some medicines can make it easier to put on weight.

It also gives advice on what you can do to control your weight.

Why have I put on weight since I started taking my medication?

Some medicines make it easier to put on weight. This may be because they make you:

- ◆ feel more hungry or thirsty, so you take in more energy than you need;
- ◆ sleepy, so you use less energy;
- ◆ stop you feeling full so you eat more.

Does putting on weight matter?

If you put on too much weight for your height, you increase your risk of getting some serious health problems.

These include:

- ◆ heart problems,
- ◆ diabetes,
- ◆ breathing difficulties and
- ◆ some types of cancer.

What makes us put on weight?

The energy you get from food is measured in calories.

When you eat more calories than your body needs, the energy you don't use is turned into fat and you put on weight.



How many calories should I eat a day?



The average man needs **2,500** calories a day for his weight to stay the same.

The average woman needs **2,000** calories a day.

Even eating a few extra calories a day can make a big difference.

Just eating **300—350** extra calories a day can cause you to put on around 12kg (26 pounds or nearly 2 stone) in a year.

300 calories is roughly the same as eating a doughnut.



A guide to calories in some common foods

Apple or orange

60 calories

Tuna salad

240 calories

2 slices of toast and low fat spread

150 calories

Small cheeseburger, chips and drink

650 calories

Chinese takeaway
(2 vegetable spring rolls,
sweet and sour chicken and rice).

1,000 calories

Medium deep pan takeaway pizza.

2,320 calories.
(More than the amount of
calories recommended for a
woman in a single day!)



Tips to make sure you eat the right number of calories

- ◆ Avoid foods that have a lot of calories like burgers, fried foods and takeaways.
- ◆ Choose low-fat dairy options (e.g. skimmed milk, reduced-fat cheese, low-fat yoghurts).
- ◆ Try not to skip breakfast. This should stop you needing to snack before lunch.
- ◆ Watch the amount of food you eat. Weighing out portion sizes so you know how many calories you have eaten may help.
- ◆ Remember that sugary drinks and alcohol contain calories—it's not just food!
- ◆ Exercise more to use the calories you eat. Tips on how to get more active and advice on healthy eating are given on the back of this leaflet.