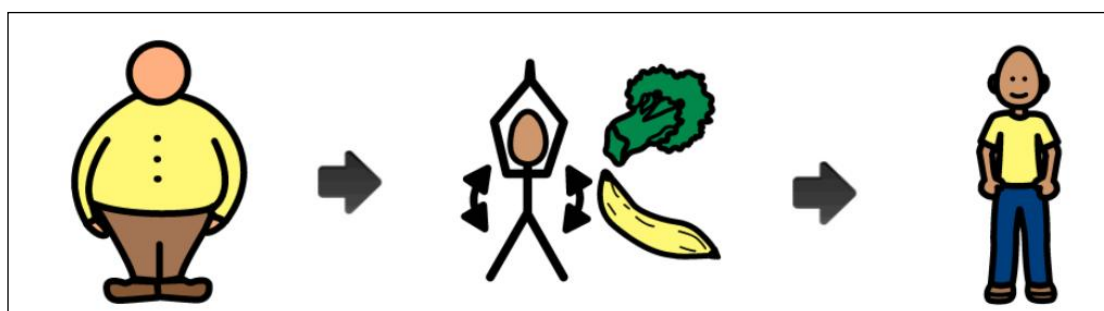


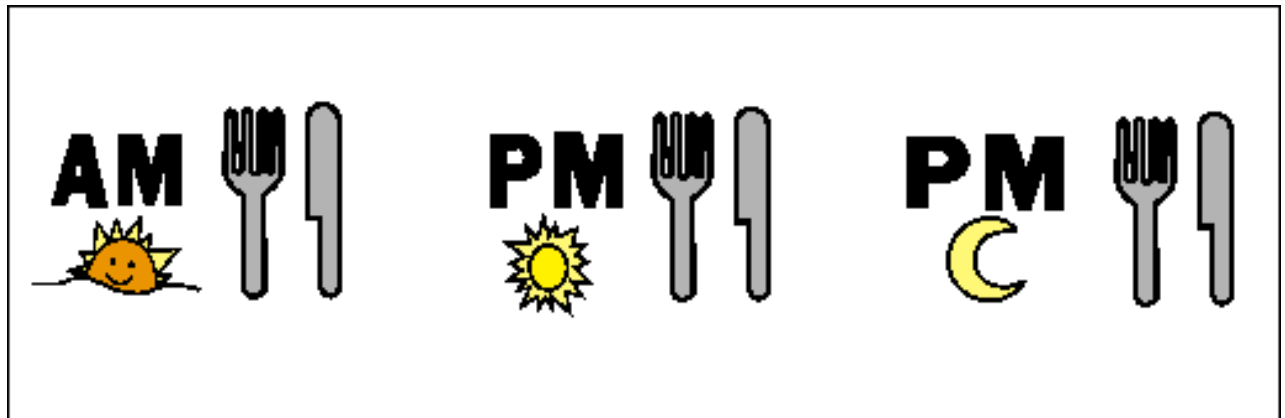
# Learning Disability Nutrition and Dietetic Service

## Healthy eating to lose weight

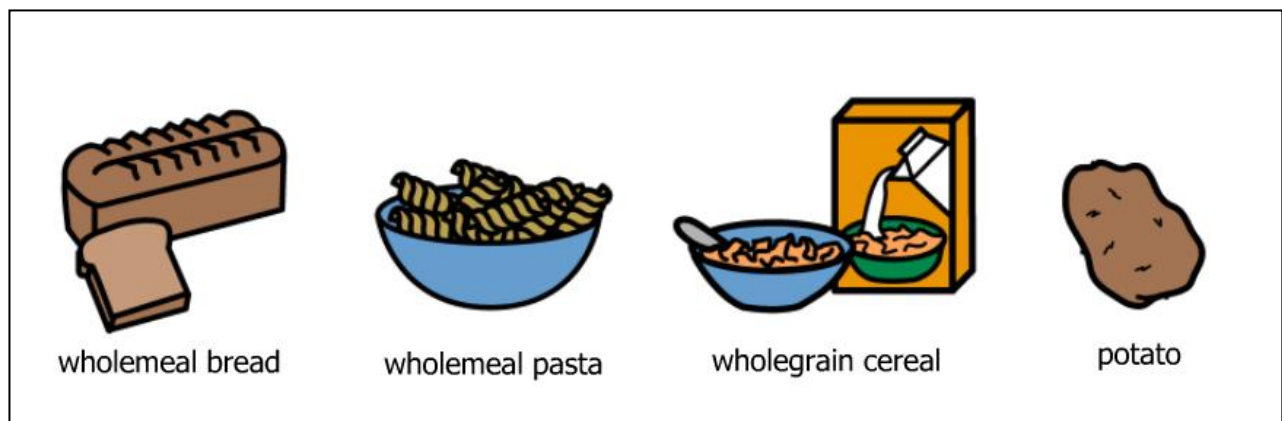
**These ideas will help you to lose weight**



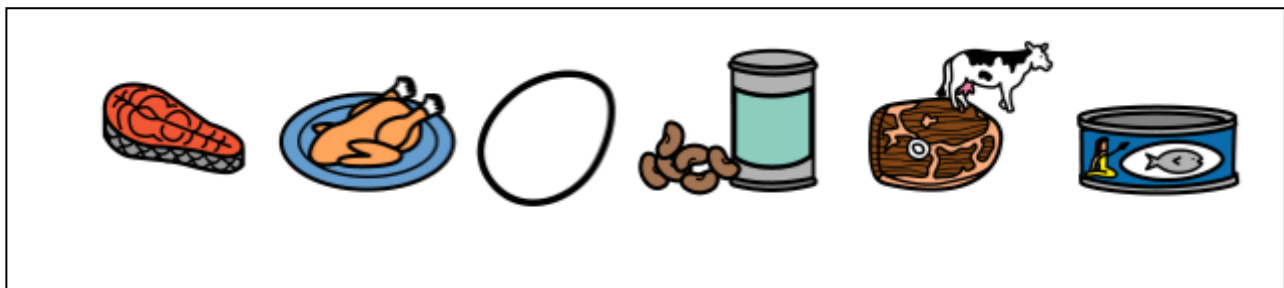
## Eat regular meals



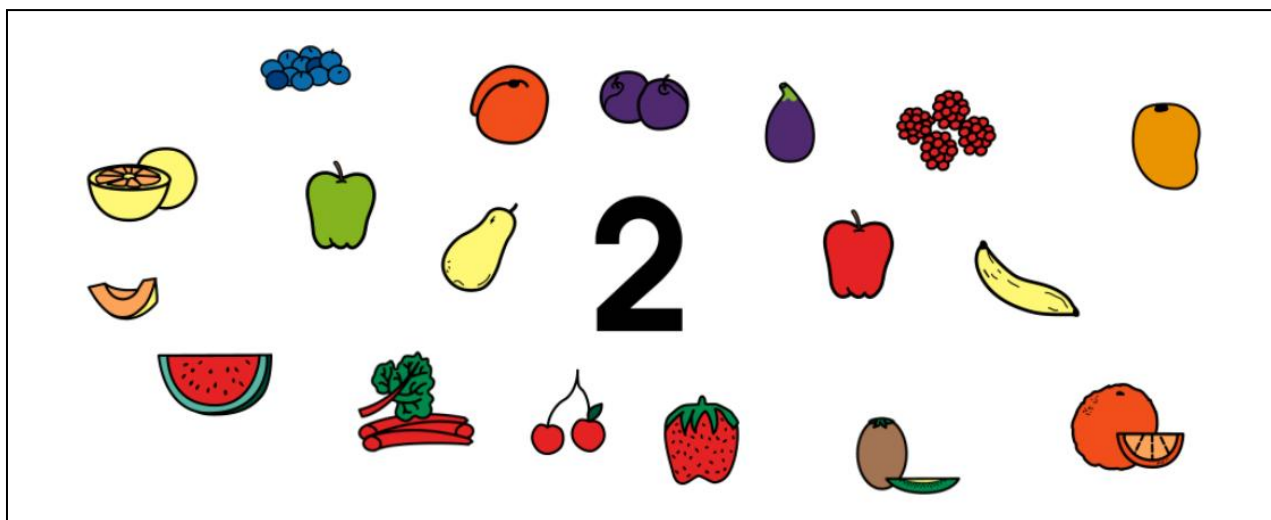
## Eat some wholegrain foods with each meal



## Include some lean proteins foods at main meals



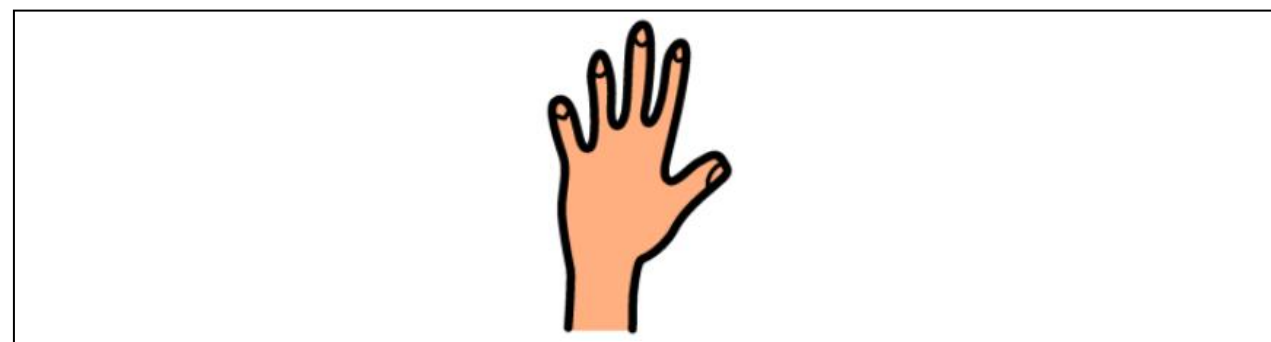
**Eat 2 fruits a day**



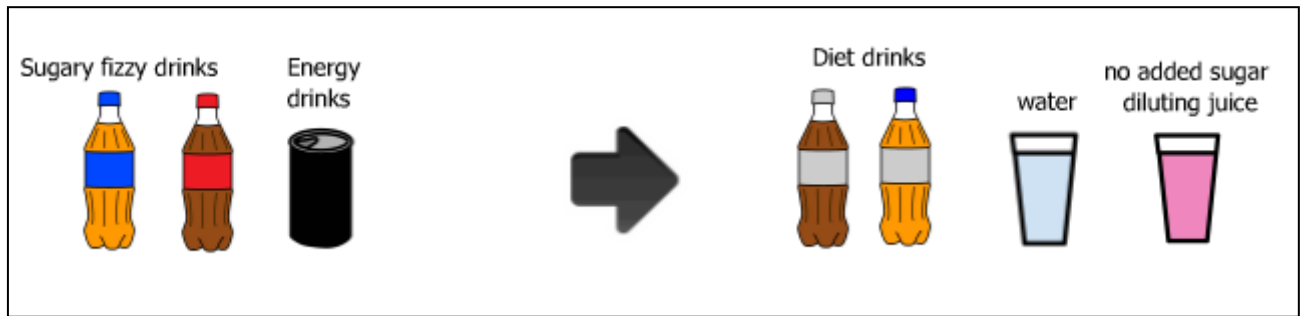
**Eat 3 or more vegetables a day**



**A handful of fruit or vegetables is a portion**



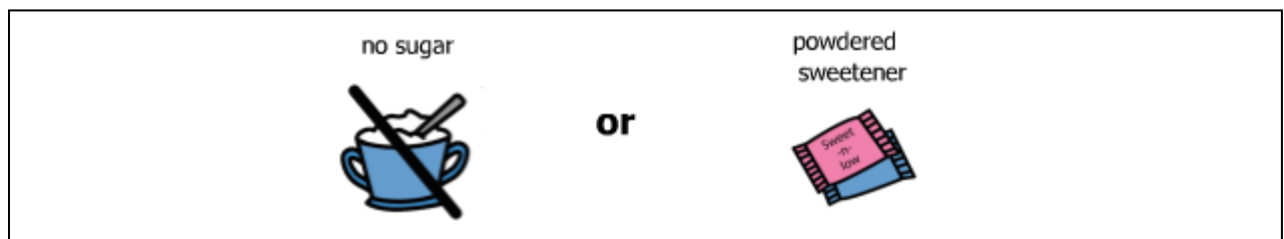
## Swap sugary drinks for sugar free drinks



## Eat less fatty and sugary foods



**Don't add sugar to drinks or cereal.  
Try without but if you must, add sweetener**

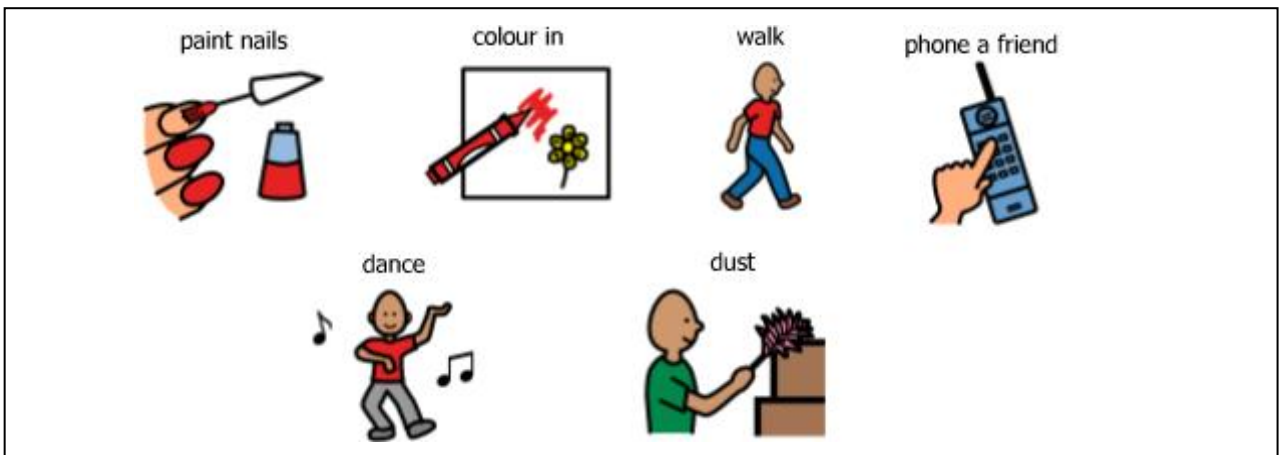


**Try not to snack between your meals.**

**Instead, have something to drink**



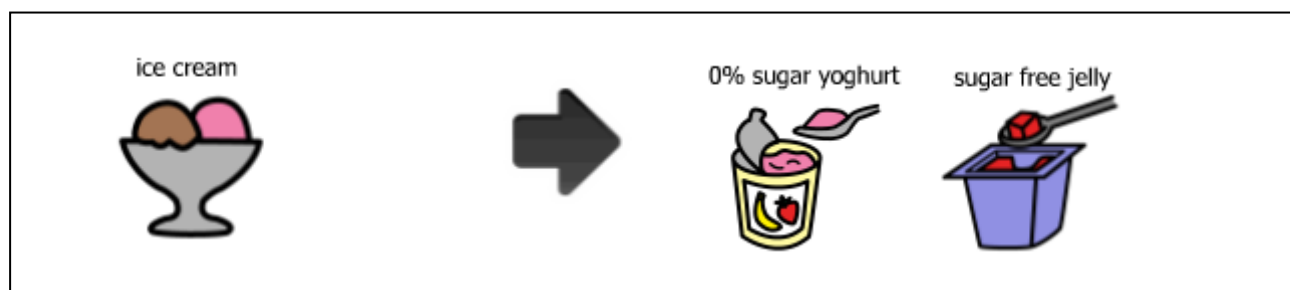
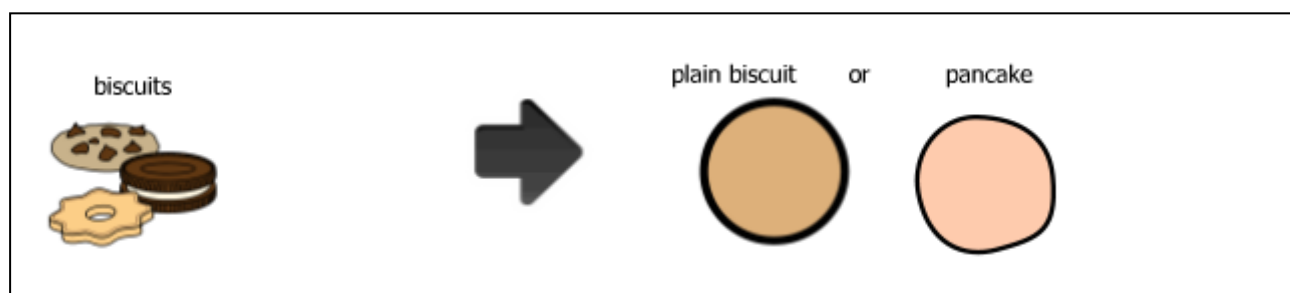
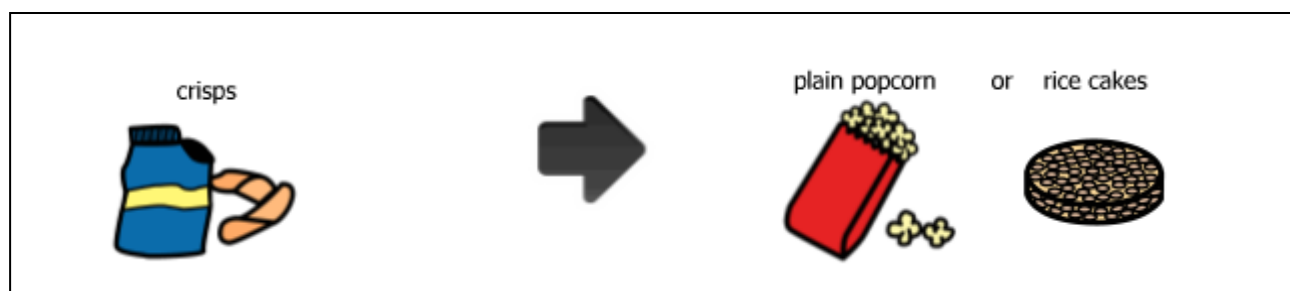
**Or do an activity**



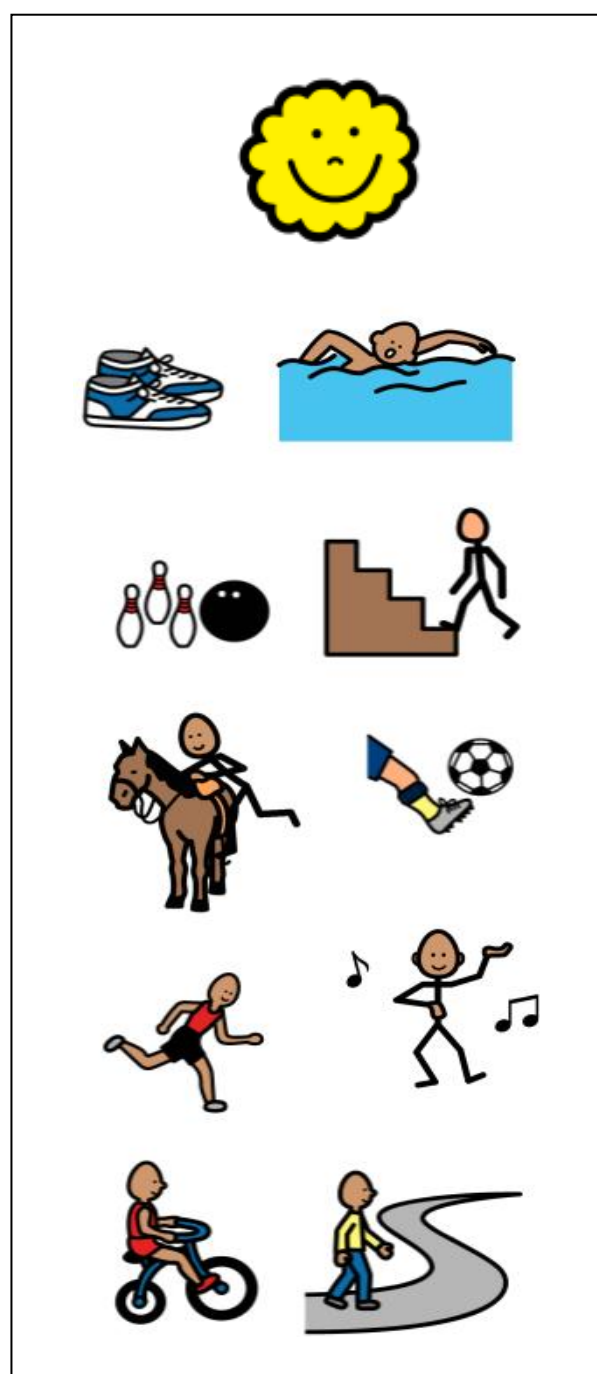
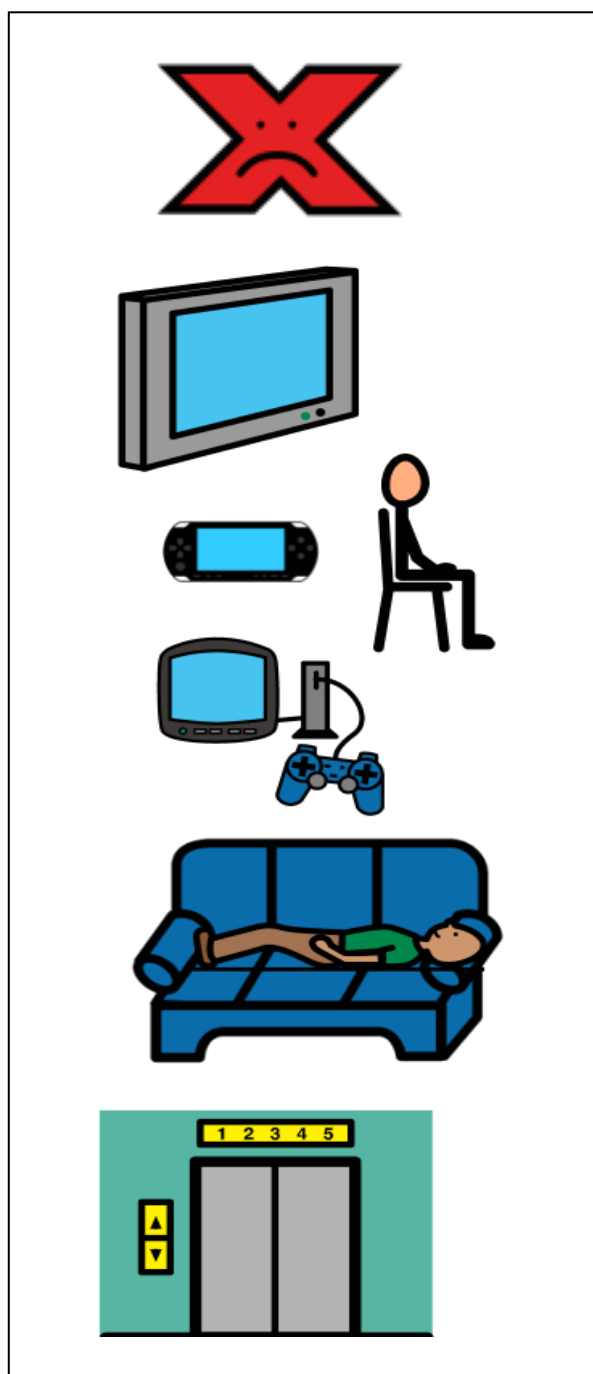
**There are lots of calories in alcohol. Drinking a lot of alcohol can make you put on weight.**



# If you must snack, change high sugar and high fat snacks to lower fat and sugar snacks



## Be more active everyday



**If you need more help, ask your nurse to refer you to the Learning Disability Dietitian**