



**Smaller  
portions  
PLEASE!**

**Making healthier  
choices**

**CHOOSE  
TO  
LIVE  
BETTER**

## Making healthier food choices

Because our plates, bowls and glasses have increased in size over the years, the amount we serve has also increased. Eating bigger portions can lead to an increase in our waistline and body weight.

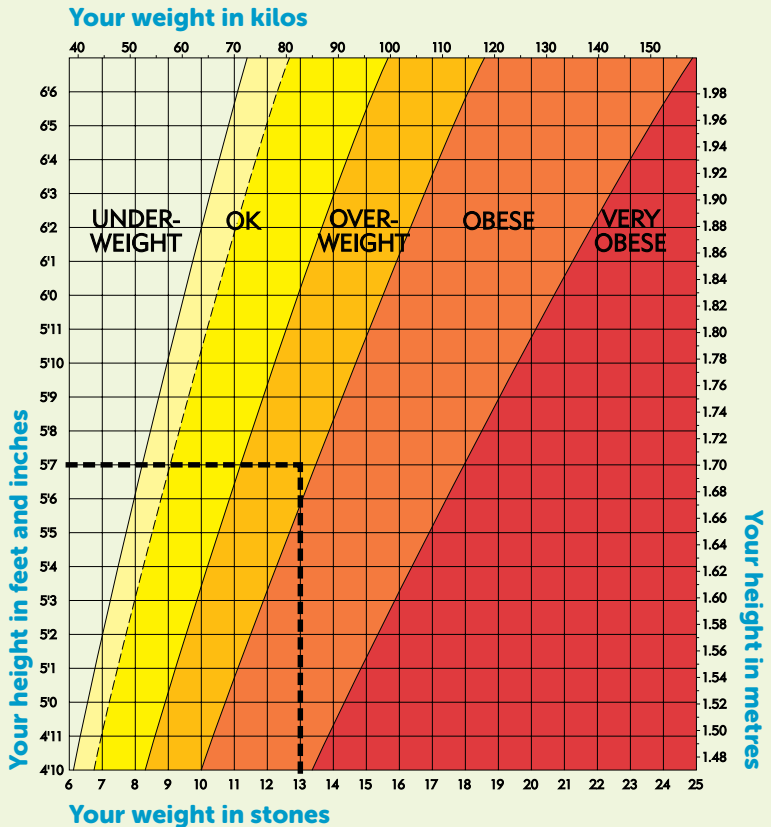
Making healthier food choices and choosing more of some types of foods than others can help

us to manage our weight. This is important as being overweight increases the risk of developing serious health conditions, including type 2 diabetes, heart disease and some cancers.

Healthier choices can make us look and feel better too, making a big difference to our health and wellbeing. Being more active is also really important and together these changes can help us manage our weight.

## Measuring up is a healthy move

About two thirds of all adults in Northern Ireland are overweight or obese. To see if your weight could be putting your health at risk, check your height and weight against the chart.



Having a bigger waist size can also put your health at risk; check how to measure your waist correctly at [www.choosetolivebetter.com/content/measuring](http://www.choosetolivebetter.com/content/measuring)

| Waist measurement | At increased risk | At high risk      |
|-------------------|-------------------|-------------------|
| Men               | 94cm (37")        | 102cm (about 40") |
| Asian men         |                   | 90cm (about 35")  |
| Women             | 80cm (about 32")  | 88cm (about 35")  |
| Asian women       |                   | 80cm (about 32")  |

Please note: the tape measure test relates to adult measurements only.

If you find you fall into the overweight or obese category or your waist measurement shows you're putting your health at risk, don't despair. Making small, simple changes to what you eat and drink will bring big benefits to your health and help you feel better too.

## Healthier portions, healthier you

You probably don't realise the extra portions you may be eating every day, like the second helpings, extra side dishes, the nibbles, snacks, treats and the leftovers you can't bear to throw out. But every extra bit that goes in ends up going on.

Those larger portion sizes and extra helpings you aren't even aware of eating all add up. The extra weight means your body has to work harder just to carry the extra weight around and your heart needs to work harder to pump the blood around your body.

But the good news is you can do something about it. By choosing smaller portion sizes you can stop any further weight gain and that's a great first step. You don't need to deny yourself your favourite meal. It's still the food you love, just a bit less.

## Hints and tips for eating at home

- Eat regularly with three meals a day
- Avoid nibbling between meals; if that's hard, try having a healthy snack like ready-prepared veg or fruit
- Measure out food with spoons/scales
- Use smaller plates/bowls to help control portion sizes
- Eat slowly, savour your food and enjoy it
- Avoid second helpings
- Don't nibble at leftovers, either cook less or package up leftovers to use in another meal

## How do I watch my portions when I'm eating out?

- Avoid super-sized portions
- Don't feel you have to clear your plate
- Leave the chips and have a side salad instead
- Order smaller portions or choose a starter portion
- Avoid ordering extra sides
- Share a dessert between two or three people

## Healthier portions start with healthier meals

You don't need to have superchef skills in the kitchen to eat healthier meals. Try some of the delicious and healthy recipes at [www.choosetolivebetter.com](http://www.choosetolivebetter.com) where you'll also find ideas for healthier swaps when you go shopping.



## You can do it!

The best way to lose weight (and keep it off) is to make small, long-term changes to what you eat and drink, and to be more active every day.

Don't deny yourself – you can have little treats now and again, just not every day.

Set yourself realistic and achievable targets for healthier eating, drinking and physical activity. You'll start to feel better and it will have a major impact on your health too!

Just remember, if you slip up one day don't dwell on it, carry on to the next day with your target in mind.



## Physical activity

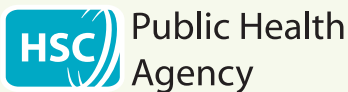
Just increasing the amount of activity you do can help maintain a healthy weight and also reduces your risk of type 2 diabetes and cardiovascular disease; boosts mental health; and helps manage stress.

There are lots of ways to be more active: try walking, cycling, swimming, dancing, gardening or even housework. Choosing an activity you enjoy will help you keep it up.

Aim for at least 150 minutes (2½ hours) of moderate intensity physical activity per week – that's only 30 minutes five days a week. You will know your activity is the right pace if you breathe faster, your heart beat speeds up and you feel warm. A good start would be to increase the number of steps you walk each day.

Find ideas for moving rather than sitting at:  
[www.choosetolivebetter.com/gettingactive](http://www.choosetolivebetter.com/gettingactive)

For more ideas on making healthier choices, visit  
[www.choosetolivebetter.com](http://www.choosetolivebetter.com)



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