



Just 100 Calories
extra a day
could mean 10lbs
of weight gain
a year



EAT A LITTLE LESS AND

CHOOSE TO
LIVE BETTER

It's easy to put on unwanted weight

Did you know that if you eat an extra 100 Calories each day more than your body needs, by the end of a year you'll have put on an extra 10lbs in weight?

It's easy to not notice the 'extras' you're eating each day – those second helpings, the nibbles, the snacks or the leftovers you can't bear to throw out.

But every little extra bit that goes in ends up going on. When you see what 100 Calories looks like you may be surprised at just how small that amount really is.*



1

**thick
slice of
white
bread**



2

**tablespoons
of cooked
rice
(80g)**



Because our plates, bowls and glasses have increased in size over the years, the amount we serve on or in them has also increased. All these extras add up to putting on weight. The extra weight means your body will need to work harder just to carry that weight around – your heart needs to work harder, and you're more likely to get breathless. An extra 10lbs is like carrying around 10 big blocks of butter as you go about your everyday life!

But the good news is that you can do something about it...

Eat regularly – three meals each day (breakfast, lunch and evening meal). Try to avoid nibbling in-between, but if you've got the 'munchies' then go for ready-prepared vegetable sticks or fruit.

If you stop eating and drinking those extra calories you can immediately stop any further weight gain, and that's a great first step!

3

sweets



1

**tablespoon
of
mayonnaise
(15ml)**



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.

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

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

*All images of food and drink show approximately what 100 Calories looks like.

1/8

**10" thin
base
pizza
(36g)**



**20g
of
crisps**



1

**serving
spoon of
chicken
curry
(70g)**



**3 1/2
grilled
cocktail
sausages**



Move more than before

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. Try increasing the number of steps you walk each day (2,000 steps walked briskly will burn around 100 Calories).

Find ideas for moving rather than sitting at:
www.choosetolivebetter.com/gettingactive

To see if your weight could be putting your health at risk, check out your BMI and waist measurement at www.choosetolivebetter.com where you will also find lots of handy hints and tips to feel better.



Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate),
www.publichealth.hscni.net

Find us on:

