



Weight Management

Accessible information about weight
management for adults with
learning disabilities



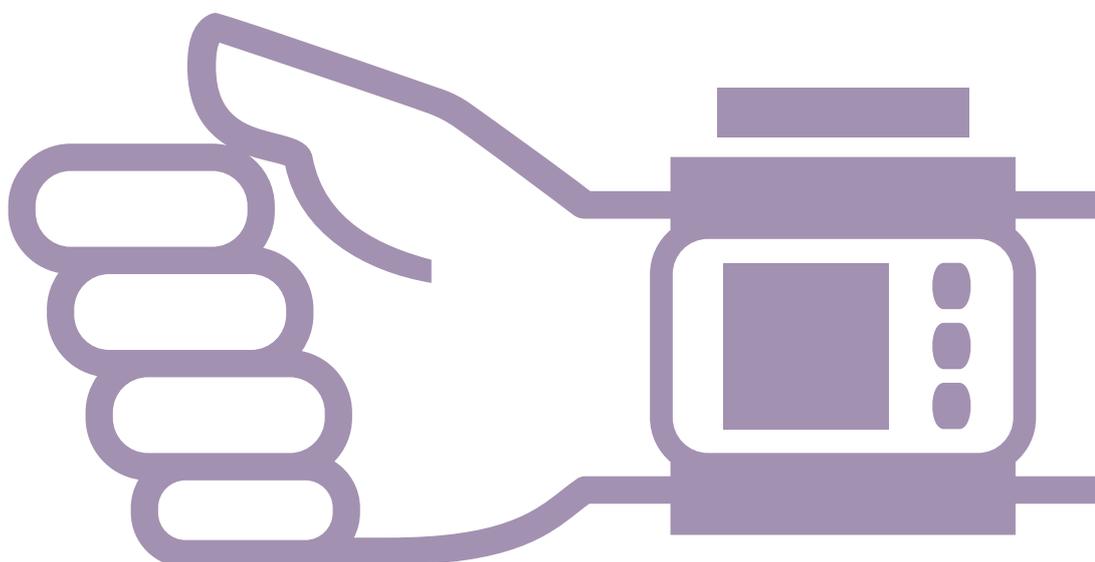
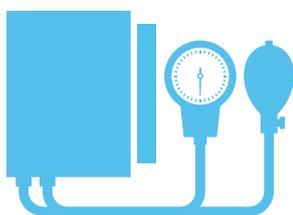


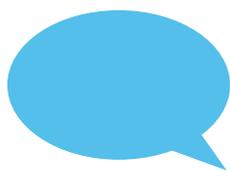
Being overweight or obese can make you:

- ✓ Breathless or tired
- ✓ Unhappy about the way you look

Being overweight/obese can lead to:

- ✓ Heart disease
- ✓ High blood pressure
- ✓ Diabetes
- ✓ Some cancers





Tell people what you are trying to do so they can help and encourage you. Get friends and family to make similar changes.

Tips for limiting weight gain



Eat regular meals, avoid missing meals as this can lead to overeating later in the day



Make sure you include plenty of vegetables with your meals to help fill you up



Reduce your intake of treats such as chocolate, cakes, sweets, crisps and chips. Set a limit each day/ week which is less than you are having now



If you get hungry between meals, try to choose a piece of fruit or a low calorie yogurt as a snack



You need 3 meals per day, not 4 so try to keep supper as a small snack



Try to reduce the amount of takeaways you have and try to choose the healthier options when you do have a takeaway



Drink plenty of water/ tea or coffee (not sweetened with sugar)/ no added sugar/ diet or zero drinks



Only have a small glass of fruit juice once per day



Get active, move every day



Tell people what you are trying to do so they can help and encourage you. Get friends and family to make similar changes.

First published: June 2017

Review Date: June 2020

Resources:

National Obesity Forum 2005. Obesity care pathway toolkit.

BDA food fact sheet. Weight Loss 2016

NICE 2014 Obesity: identification, assessment and management (CG189)