



# Losing weight

## Getting started - Week 5

You've made it to Week 5! You're on a roll!

So far we've focused on food, but most of what we drink also contains calories so it's a good idea to make sure you're keeping a close eye on those liquid calories.

If you've ever wondered why you've not been losing weight even after sticking to a strict eating regime, now's the time to see if that regular latte, flavoured water or evening tippie is sabotaging your best efforts to lose weight.

### Laura's diary

#### Week 5



This week, it's all about reassessing what you are drinking. I ditched the lattes when I realised how calorific they are.

White coffee may seem boring at first but your taste buds soon adapt and I've never gone back. Alcohol is not your friend either.

Did you know a small glass of wine has the same calories as a piece of chocolate? When I realised this, I started to reconsider and think of it a treat rather than 'just a drink'.

## Your actions for Week 5

- Track your drinking with our apps and tools at [nhs.uk/alcohol](https://nhs.uk/alcohol)
- If you're a cappuccino or latte drinker, try switching to a black or white coffee
- Try skimmed milk instead of semi-skimmed milk for a week
- Stick to your calorie limit – 1,400kcal for women and 1,900kcal for men
- You should be doing 150 minutes of activity by now. If not, get some inspiration at [nhs.uk/fitness](https://nhs.uk/fitness)

## Did you know?

The key to weight loss success is not to expect too much, too soon. Make changes to your diet and activity levels you can live with.

If your changes are too drastic, it will feel like a struggle. If you fall off the wagon, you may return to old habits and regain weight.



# Week 5

# Calories in alcohol

**Did you know a standard glass of wine contains as many calories as a small chocolate and a pint of lager has as many calories as a packet of crisps?**

The problem is, most of us just don't think of alcohol as being calorific. So, while we might go easy on the single cream when eating desserts, we wouldn't think twice about knocking back a couple of pints. In fact, the calorie content of two pints is similar to that of a full glass of single cream.

With this in mind, it's easy to understand how excess alcohol intake can easily contribute to gaining weight.

Two large glasses of white wine, totalling 360kcal, will provide a woman with nearly a fifth of her daily calorie allowance.

A beer-drinker knocking back just five pints a week would add a whopping 44,200kcal over a year, equivalent to 221 doughnuts.

Alcohol contains lots of calories – seven calories a gram in fact, almost as many as a gram of fat. And, of course, additional calories can be present in added mixer drinks.

Many drinkers add to their liquid calorie count by having snacks, such as crisps, nuts or pork scratchings, with their tippie, not to mention a hangover-induced fry-up the morning after, which can add an extra 450kcal.

Tips to avoid weight gain

- Stick to your daily recommended units. Men shouldn't regularly drink more than 3-4 units of alcohol a day.

Women should not regularly drink more than 2-3 units a day. As a guide, a pint of lager and a 250ml glass of wine both contain 3 units of alcohol.

- Alternate an alcoholic drink with a diet soft drink or water – this will help to prevent you becoming dehydrated.
- Choose drinks with a lower ABV (alcohol by volume) instead of your usual tippie. There's an increasing range of lower alcohol choices available and most also have fewer calories.
- Don't drink on an empty stomach, as this can lead to snacking. If you do snack while drinking, avoid high-calorie snacks such as crisps, pork scratchings chips. Try lighter options such as pretzels, plain popcorn or oven-baked crisps.
- Drinking in rounds can mean you end up drinking more than you intended. Opt out and drink at your own pace.
- Try cutting down with a friend, as you'll be more likely to stick to it with moral support.
- Eat a healthier dinner before you start drinking. Order or cook before you start drinking so you're not tempted to go for the less healthy options.
- Avoid 'binge drinking'. Drinking a large amount of alcohol over a short period of time may be significantly worse for your health than frequently drinking small quantities.

## How calorific is your tippie?

- A pint of 5% strength beer = a packet of McCoys salted crisps (170kcal)
- A standard glass (175ml) of 12% wine = one Cadbury Heroes miniature bar (126kcal)
- A double measure (50ml) of 17.5% fortified wine = one Asda bourbon biscuit (65kcal)
- A glass (50ml) of (17%) cream liqueur = a Milky Way bar (118kcal)
- A standard bottle (330ml) of 5% alcopop = three Lees teacakes (237kcal)

## Drink swaps

- SWAP a pina colada FOR a mojito and save 326kcal
- SWAP a pint of lager FOR lager shandy and save 100kcal
- SWAP double rum & coke FOR single vodka, lime & soda and save 107kcal
- SWAP a large glass of white wine FOR a white wine spritzer with soda and save 35kcal

# Think before you drink

**It's not just alcohol, non-alcoholic drinks from lattes to colas can also lead your calorie count to creep up.**

What you drink should not be overlooked when trying to lose weight. Drinking too many sugar-sweetened drinks can contribute to weight gain.

So what are the common offenders and where could you be going wrong?

### Coffee:

Getting a caffeine fix could give you 193kcal or more in one hit if you opt for cappuccino or mocha. Switch to black or white coffee instead.

### Fruit juice and smoothies:

You might feel virtuous guzzling these but watch out. A small glass of cranberry or apple juice racks up nearly 100kcal and a small 250ml yoghurt-based smoothie can be about 136kcal. Go for fruit-only smoothies instead. Although fruit juice counts towards



your 5 A DAY, you may find eating pieces of fruit more filling.

### Fizzy drinks:

Lemonade or cola is not only bad for our teeth but it can provide 140kcal in just one can. Switch to diet versions and think of it as a one-off treat.

Experimenting with some interesting flavour combinations can help make it feel less like you're depriving yourself so you'll stick with it – research shows that our tastebuds can be retrained over time to enjoy far less sugar in drinks (or no sugar at all).

## Liquid calories

Per 250ml serving:

Cola drink: 105kcal

Mocha: 193kcal

Cappuccino: 110kcal

Chocolate milkshake: 195kcal

Smoothie: 136kcal

Pure orange juice: 122.5kcal

Pomegranate juice: 170kcal

Pure apple juice: 117kcal

Caffeinated energy drink: 112.5kcal

Note that 150ml of pure unsweetened fruit juice can provide one of your 5 A Day.

## Minty lemonade recipe

Make a refreshing, lower-calorie alternative to sugary canned drinks:

- large handful fresh mint leaves
- juice of 6 lemons and zest of 3
- 3 tbsp sugar
- sparkling mineral water

1. Tear the mint leaves to release the flavour

2. Add the mint to a jug with the juice, zest and sugar

3. Top up with sparkling water

4. Chill in the fridge

Serves 4 at 46kcal per serving



### Home cardio workout

Burn calories, lose weight and feel great with our 10-minute home cardio workout routines. An ideal workout if you're short on time and need to fit in a bit of exercise without too much fuss.

[nhs.uk/cardio-workout](https://www.nhs.uk/cardio-workout)

# Week 5 food and activity chart



	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	<b>Food</b>	
Total calories:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Unplanned snacks or drinks	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Oops!	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Your 5 a day	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	<b>Activity</b>	
Total minutes:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Aerobic exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Strength exercise	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	

**Start of the week**

Weight	Waist
kg/lbs	cms/in



**Aerobic exercise:**

10 mins  30 mins  60 mins  90 mins  120 mins  150 mins +

**Strength exercise:**

mon  tues  wed  thurs  fri  sat  sun

**Weekly summary**

Your weight loss tracker - Record your weight and waist size at the start and end of each week to help you stay on track

**End of the week**

Weight	Waist
kg/lbs	cms/in