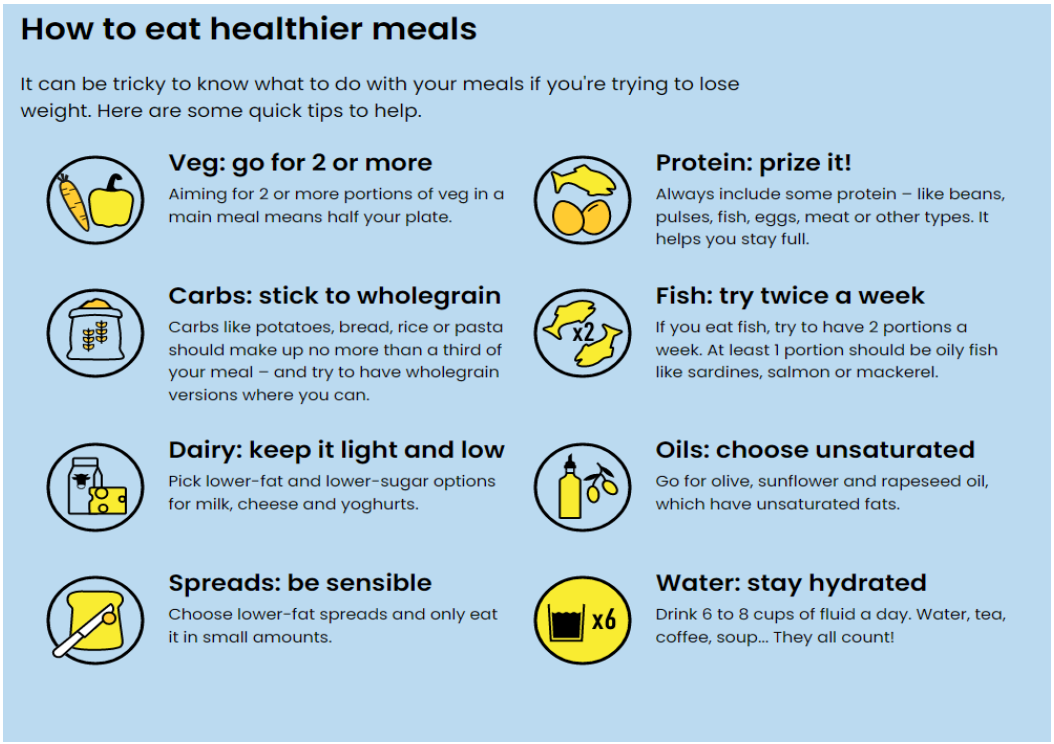
Whitewater Health

Patient Participation Group

January 2026

Want to lose weight?

Not only may it help you feel better but losing weight might also help reduce the risk of developing high blood pressure, heart disease and Type 2 diabetes.



Small but simple changes in what and how much you eat & drink can help you lose the pounds

- **Aim for at least 5 portions of fruit & vegetables a day** - good source of fibre & low in calories
- **Eat the right portion size** - large & extra-large portions of food and drink are everywhere you look; leaving many of us not knowing what a normal portion looks like.
- **Try using smaller plates and bowls** to help reduce portion sizes
- **Turn off the TV or other distractions** when eating as it makes it too easy to eat much or too quickly when not concentrating on your food.

Mealtime Inspiration; healthy eating needs healthy recipes so you don't want them to be dull ! Whip-up dozens of tasty, affordable family meals with easy step-by-step recipes from the NHS website: **https://www.nhs.uk/healthier-families/recipes/#collections**

Remember, small steps each day can make a big difference to you and your family

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PPG Contact Details: *(Note: The PPG is unable to deal with any medical or personal matters)*

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