



Weight Loss Top Tips

**Think You Know Weight Loss?
3 Tips That Will Surprise You!**

www.theukdiabetesdietitian.com



THE UK
Diabetes
Dietitian



hello

There are many factors which may contribute to your risk of developing Type 2 Diabetes. Some of these, such as age, ethnicity and family history cannot be changed. However, the good news is that the most significant risk of developing diabetes can be changed. That risk is your **WEIGHT**. It is thought that up to 85% of cases of Type 2 Diabetes may have been prevented by weight loss.

Eating a healthy, balanced diet is the best way to lose weight and maintain your new weight.

More good news is that the healthy eating tips that I am about to share with you are suitable for the whole family, even those who do not feel that they are overweight or at risk of developing Type 2 Diabetes. They also suit those who have made healthy changes and are just looking to maintain a healthy diet and way of life. So, you have nothing to lose!



tip one

Protein at breakfast sets the tone



A protein-rich breakfast reduces hunger hormones and cravings throughout the day – but many people skimp on protein in the morning.

Try an omelette with vegetables or a Greek yogurt parfait – layer Greek yogurt with fresh berries, chia seeds, and a sprinkle of nuts or granola. Greek yogurt is high in protein and the toppings add a crunch and fibre.

need inspiration – scroll on for a protein perfect breakfast recipe



Protein Pancakes?



Ingredients

(Serves 10)

- ½ cup oats
- 1 scoop protein powder
- ½ teaspoon baking powder
- ¼ teaspoon cinnamon (optional)
- 1 egg
- ½ cup skimmed/semi-skimmed milk
- ½ teaspoon vanilla extract (optional)
- Olive oil spray
- Pinch of salt



Method

Blend the dry ingredients: In a blender or food processor, blend the oats, protein powder, baking powder, cinnamon, and salt. This helps create a finer flour-like consistency. Add the wet ingredients: Add the egg, milk, and vanilla extract to the dry mixture. Blend until smooth. If the batter is too thick, you can add a little more milk to reach your desired consistency.

Cook the pancakes: Heat a non-stick skillet or griddle over medium heat and spray with non-stick spray. Pour ¼ cup of the pancake batter onto the skillet for each pancake. Cook for about 2-3 minutes on each side, or until golden brown and cooked through.

Top with Greek yogurt and fresh fruit, a drizzle of honey, or a sprinkle of nuts or seeds for added protein and flavour.





tip TWO



Ultra-processed foods affect appetite

Ultra-processed foods are foods that have been significantly altered from their original form through the addition of artificial ingredients, preservatives, colours, flavours, and other additives. These foods often have a long shelf life and are typically low in nutrients. Common examples are sugary cereals, packaged snacks and fast foods. Even when calories are matched, people tend to overeat ultra-processed foods because they're less filling and alter hunger cues.

Try some of these helpful swaps:



Swap sugary cereals for plain oats. Add fresh fruit if you need a flavour hit!



Swap crisps for homemade air-popped popcorn or fruit with a handful of nuts



Swap processed meats for lean options like grilled chicken or turkey, or plant-based options such as beans or tofu





tip three

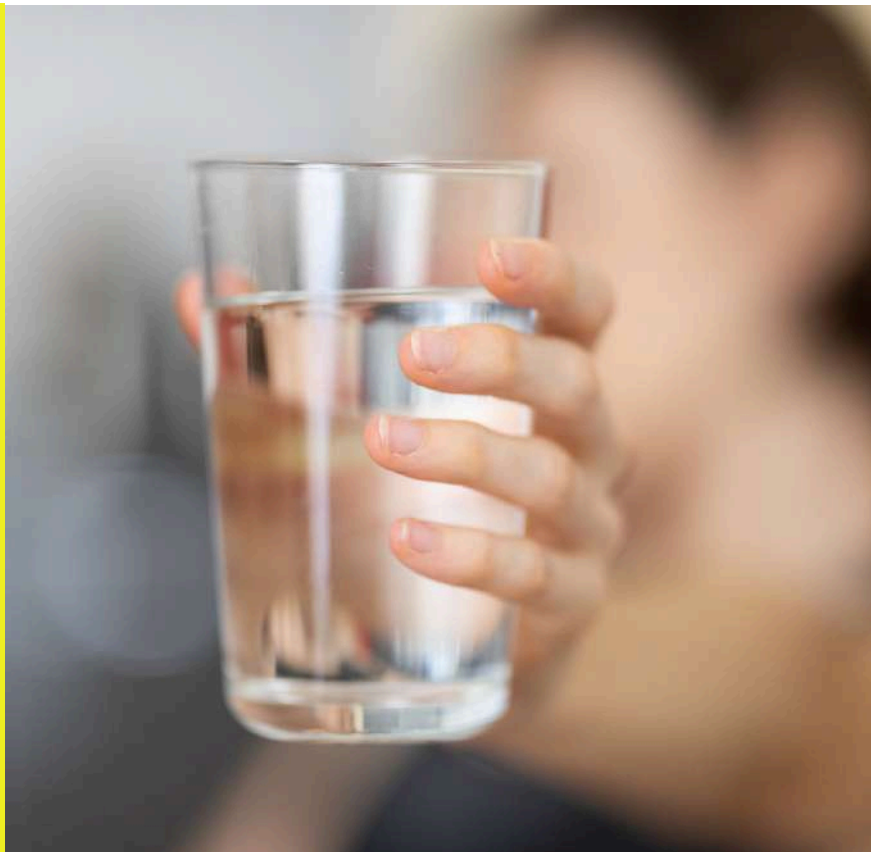
Hydration is underrated

Proper hydration is essential for the chemical reactions that happen in your body, including those involved in energy production. Dehydration can slow down these processes, potentially making your metabolism less efficient.

Don't love water?

Try herbal teas, infused water with fruits (like lemon, cucumber, mint), or sparkling water for a fizzy alternative.

Adults should aim for approximately 2 litres of (sugar-free) fluids each day.



Forming a new habit can be tough - use our habit tracker (on the next page) to train your brain to make drinking your daily water intake easy!

Monthly Water Tracker

Aim for 10 glasses
of water a day!

	1	2	3
	         	         	         
4	5	6	7
         	         	         	         
8	9	10	11
         	         	         	         
12	13	14	15
         	         	         	         
16	17	18	19
         	         	         	         
20	21	22	23
         	         	         	         
24	25	26	27
         	         	         	         
28	29	30	31
         	         	         	         

find out more!



do you need a boost?

Are you fed up with waging a war with your food and your body? Have you been on a diet or two (or so many you've lost count)? Do you struggle to combine your medical issues with a healthy way of eating? Do you eat by the diet rules but feel that nothing works in the long term? Do you struggle with emotional eating?

Would you like to learn about another way?

A way that is medically sound and returns to you all the time, energy and head-space you use trying to control your food and your body? Imagine eating in a way that is healthy, takes into account your medical background and requirements and actually allows you to enjoy food again.

As a registered dietitian I can help you overcome Diabetes and weight related problems and discover a healthier, happier you. Book a free 15 minute call to discuss your blocks and your goals and we can make a plan!

book a
free
discovery
call!

Book a free discovery call

Heather

heather@theukdiabetesdietitian.com



www.theukdiabetesdietitian.com

