



## Lose a stone by Christmas

- Healthy weight loss is 1-2 pounds per week, with 12 weeks until Christmas, this is an achievable goal
- By reducing your calories by 300 and increasing your exercise to burn 300 calories per day, safe weight loss can occur
- Fad diets are unrealistic, not long term and are not advised
- Exercising and making small changes to your diet will ensure a healthier lifestyle

### Nutrition Tips

1. Have a good breakfast such as porridge, a high fibre cereal with fruit or oats.
2. Choose high fibre products to keep you fuller for longer.
3. Avoid skipping meals as you will tend to snack on convenience foods.
4. Choose low fat dairy products (low fat dairy products contain the same amount of calcium as full fat products).
5. Avoid eating two hours before sleeping at night as digestion slows down when we sleep.
6. Turn off the TV while eating, to focus on eating and enjoying your food.
7. Follow the food pyramid to ensure you eat the correct portions from the 6 food groups.
8. Avoid additional calories from alcohol. (1 pub measure of spirits is 90 calories, 1 pint of beer 182 calories)

### Exercise Tips

1. Walk or cycle to work if possible.
2. Use the stairs when you can, don't take the lift.
3. If you are sitting for long periods of time, try to avail of chair based exercises. (See February 2015 PHEW newsletter).
4. Don't sit for longer than 20 minutes at a time – get up and move around during the ad breaks on TV!
5. Join a gym class with a friend or go for evening walks.
6. Choose an exercise or past time which you enjoy doing.
7. Just 30 minutes of brisk walking burns 250 calories.



**It's not important what you eat between Christmas and New Year  
but what you eat between New Year and Christmas!!**

## Chicken Curry (Serves 4)

### Ingredients:

4 chicken breasts  
2 tins chopped tomatoes  
1 clove garlic  
1 large onion  
1 red pepper  
4 teaspoon curry powder  
1-2 tablespoons olive oil  
2 tablespoons mango chutney  
400g wholegrain rice

### Method:

1. Cook the rice as instructed on the packet.
2. Peel and chop the onion and garlic.
3. Chop the pepper and chicken into chunks.
4. Heat one tablespoon of oil in the pan.
5. Fry the garlic and onion in the pan.
6. Add the red pepper and chicken to the pan and brown well.
7. Mix in the curry powder and chopped tomatoes.
8. Add the mango chutney and simmer until the chicken is cooked.
9. Serve with cooked rice.

### Nutritional Information

	Total calories	Calories per serving	Fat per serving (g)	Fibre per serving (g)	Sugar per serving (g)	Sodium per serving (mg)
Chicken Curry	1972	493	11	3.25	30	226.5
Rice	242	121	0	0.5	0	0