

Options to control food intake

	PROS	CONS
<p>Option 1 - Healthy Eating: Choosing low fat foods Cutting down portions Eating regularly Plenty of fruit and veg</p> <p>Monitor weight – keep weight graph</p>	<ul style="list-style-type: none"> • Relatively easy to do • No strict food rules • Not too intrusive • Some flexibility 	<ul style="list-style-type: none"> • May not reduce calorie level enough to lose weight (weight monitoring can help) • No real plan to follow • Will it lead to permanent change?
<p>Option 2 - Planned Strategies: Meal replacement Low carb 5:2 diet Slimming groups and clubs Magazine diet Recommended portions from each of the food groups within the meal plan</p> <p>Monitor weight – keep weight graph</p>	<ul style="list-style-type: none"> • Planning done – don't have to think – especially the more restricted approaches • Provides a framework • Kick start weight loss • Groups can offer weekly support • Meal plan provides a framework 	<ul style="list-style-type: none"> • Many strategies involve food rules and restrictions • May not be easy to fit into lifestyle – e.g. meals out • Long-term prospects doubtful for the very restricted approaches e.g. meal replacements • Will it lead to permanent change? • Some are complicated and not flexible
<p>Option 3 - Self-monitoring and Calorie Counting: Daily self-monitoring Record all food and drink Count calories</p> <p>Monitor weight – keep weight graph</p>	<ul style="list-style-type: none"> • Learn about own eating behaviours • No food rules • Allowed favourite foods • Learn how to eat favourite foods in moderation • Could choose a higher protein option • Enjoy eating out and learn how to compensate • Flexible • Learn about what is needed to lose weight • Long-term 	<ul style="list-style-type: none"> • Hard to begin with – but gets easier • Weighing food initially • Recording calories may seem hard work • Takes time and commitment