

## The Science Behind The Ten Top Tips

Tip	Scientific Justification	Estimated Calorie Deficit
<p><b>1. Keep to your meal routine</b> Try to eat at roughly the same times each day, whether this is two or five times a day.</p>	<p>People who succeed at long term weight loss tend to have a regular meal rhythm (avoidance of snacking and nibbling) and show 'flexible' rather than 'rigid' control of eating [1]. A consistent diet regimen across the week and year also predicts subsequent long-term weight loss maintenance [2].</p>	<p>This tip helps encourage habit development.</p>
<p><b>2. Go reduced fat</b> Choose reduced fat versions of foods such as dairy products, spreads and salad dressings where you can. Use them sparingly as some can still be high in fat.</p>	<p>There is a great deal of evidence to support the effectiveness of low-fat diets (where 30% or less of total daily energy is from fat), which produce weight loss by decreasing calorie intake [3]. Following a low-fat diet is also associated with better weight maintenance [4].</p>	<p>- 200 Kcal</p>
<p><b>3. Walk off the weight</b> Walk 10,000 steps (equivalent to 60-90 minutes moderate activity) each day. You can use a pedometer to help count the steps. You can break-up your walking over the day</p>	<p>Achieving the UK government recommendation of at least 30 minutes of at least moderate intensity physical activity on 5 or more days a week would increase most people's energy expenditure and contribute to weight management [5]. More activity (45-60 mins) may be required to prevent the transition to overweight and obesity and maximize weight loss [6]. People who have lost weight may need to do 60-90 minutes of activity a day to maintain their weight loss [5,6]. Doing 10,000 steps / day is approximately the equivalent to at least 60 minutes of walking at a brisk pace (4.5 mph) [7].</p>	<p>- 100 to 200 Kcal</p>
<p><b>4. Pack a healthy snack</b> If you snack, choose a healthy option such as fresh fruit or low calorie yogurts instead of chocolate or crisps.</p>	<p>Readily-available snack foods and drinks are often high in energy and tend to be used to supplement rather than replace meals. Between 1993 and 1998 sales of snacks more than tripled in the UK from £173 million to £541 million [8]. Snack consumption is related to a higher daily energy intake [9].</p>	<p>- 100 Kcal</p>
<p><b>5. Look at the labels</b> Be careful about food claims. Check the fat and sugar content on food labels when shopping and preparing food.</p>	<p>Food labels detailing the caloric and nutritional content of foods provide a basis for making healthy food choices [8]. Inadequate labeling can have a negative impact on nutrition [8]. Providing individuals with simple methods to understand labels will facilitate informed choices [10].</p>	<p>This tip helps people to make informed choices.</p>

<p><b>6. Caution with your portions</b> Don't heap food on your plate (except vegetables). Think twice before having second helpings.</p>	<p>Portion sizes have increased inside and outside the home in the past 30 years [11,12]. Larger portions contain more calories and can contribute to excess energy intake and weight gain. Eating satisfying portions of low-energy-dense foods can help enhance satiety and control hunger while restricting energy intake for weight management [12].</p>	<p>- 100 Kcal</p>
<p><b>7. Up on your feet</b> Break up your sitting time. Stand up for ten minutes out of every hour.</p>	<p>Inactive people are more likely to be obese than active people [5]. Time spent in sedentary behaviors (e.g. TV watching, sitting at work) is related to overweight and obesity, independent of physical activity level [13,14]. Decreasing sedentary time and increasing light-to-moderate activity such as household chores may bring substantial health benefits [5,13].</p>	<p>- 100 Kcal</p>
<p><b>8. Think about your drinks</b> Choose water or sugar-free squashes. Unsweetened fruit juice is high in natural sugar so limit it to 1 glass per day (200ml/ 1/3 pint). Alcohol is high in calories try to limit the amount you drink</p>	<p>Intake of sugar-sweetened soft drinks has increased over the last 30 years; up by 135% (278 kcal) in 5 years [15]. Higher consumption of sugar-sweetened beverages is associated with greater weight gain [16]. Intake of calorific drinks may lead to excess energy intake that is not compensated for elsewhere in the daily diet [16].</p>	<p>- 150 Kcal</p>
<p><b>9. Focus on your food</b> Slow down. Don't eat on the go or while watching TV. Eat at a table if possible.</p>	<p>More TV viewing tends to be associated with a higher calorie intake. Internal cues regulating food intake may not be as effective while distracted by the TV [17].</p>	<p>This tip helps to avoid unconscious slips in their behaviour.</p>
<p><b>10. Don't forget your 5 a day</b> Eat at least 5 portions of fruit and vegetables a day (400g in total).</p>	<p>The UK Department of Health recommends 400g of fruit and vegetables a day. Fruits and vegetables have high nutritional quality and low energy density. Eating the recommended amount produces health benefits including reduction in the risk of cancer and coronary heart disease [18].</p>	<p>- 50 Kcal</p>
<p><b>Total Calorie Deficit</b></p>		<p>- 800 to 900 Kcal</p>

<p><b>Practical Application</b></p>	
<p><b>Self monitoring of weight related behaviours:</b>  Self Monitoring means observing and recording one's behaviour. Self monitoring of behaviours related to weight such as food intake and physical activity are often reported by successful weight loss maintainers [4]. Studies show consistent self-monitoring (particularly of dietary intake) is also related to weight loss success [4]</p>	<p>This illustrates the reasoning behind the use of the tick sheet to encourage healthy behaviour change and maintaining it in the long-term.</p>
<p><b>Daily Weighing</b>  Daily weight monitoring is a useful behavioural strategy for weight control. Research shows that weighing frequency among weight loss trial participants is strongly associated with weight change [19]. Frequent weighing is a common behavioural strategy in successful weight loss maintainers; among participants in the National Weight Control Registry, 44% reported weighing themselves at least once a day and 31% weighed themselves at least once a week [4]. Despite common belief, there is no evidence that weighing by weight loss participants is a cause of negative mood or body dissatisfaction [20].</p>	<p>Daily weighing is recommended in this public-health intervention to aid weight control.</p>
<p><b>Habit Formation</b>  Habits are 'behavioural dispositions to repeat well-practiced actions given recurring circumstances' [21]. Habits develop through repeating a behaviour in the same situation, so that the brain learns to associate that situation with the behaviour. This means that the behaviours come to be done automatically with little thought or attention when a particular situation occurs. It is thought they work through many similar memories being created which are readily available in appropriate situations to inform what we do [22, 23].</p>	<p>This is why the Ten Top Tips recommend that people decide on how to include the tips into their daily routines and then do things in a similar way every day. During the process of the tips becoming habits, self-monitoring will help keep people on track with their plans.</p>

## References

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