



Pick an eating plan that you can stick to long term and avoid extreme or quick-fix diets!

Avoid strict diets

That eliminate certain foods. Research has found that those with an “all or nothing” mindset are less likely to lose weight.

The following dietary habits have been proven to help you lose weight:

- Reducing the frequency of snacks.
- Reducing fried food and desserts.
- Including fruits and vegetables.

[Download the Free NHS Weight Loss Plan](#)