

Let's talk about DIET, WEIGHT & EXERCISE



Over a period of 18 months, I lost 4 Stone

“The difference it has made to her confidence and willingness to look for clothes is a joy” (Fiona’s mother)

A workbook about health, weight and diet for people with Down’s syndrome.

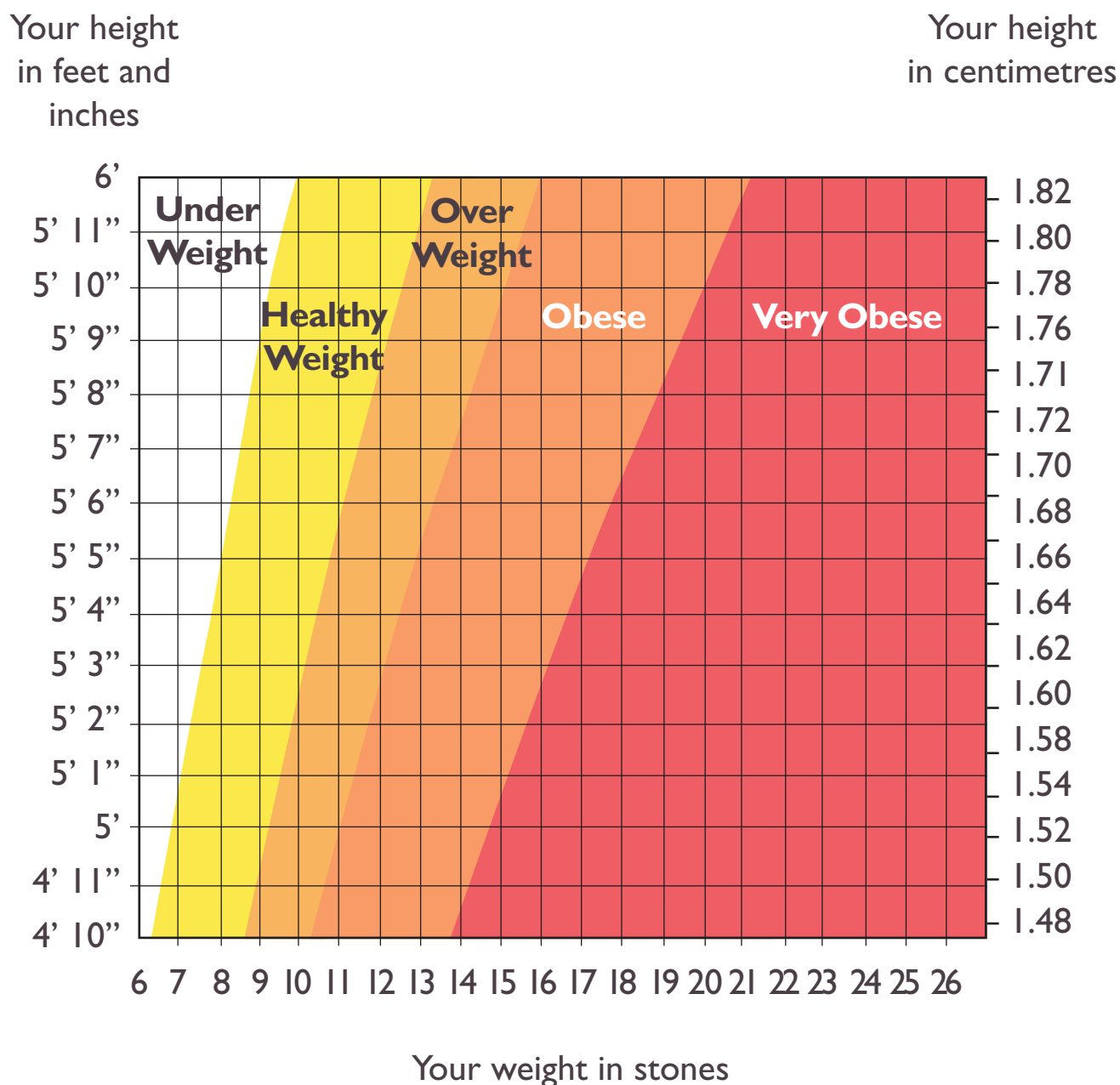


Down's Syndrome Scotland
helping people realise their potential

People with Down's syndrome often put weight on easily.

This booklet will help you to understand why.

It will help you to think about your own body and what can help you to stay at the right weight for you.



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Is your weight RIGHT FOR YOU?

Use the chart on page 1 to find out if your weight is right for you.

To use the chart, you will need your height and weight.
You may need to ask someone to help you.

Tick on the table below which category you fit into.

Underweight – you are too light for your height	<input type="checkbox"/>
OK – your weight is fine for your height	<input type="checkbox"/>
Overweight – you are quite heavy for your height	<input type="checkbox"/>
Very overweight – you are too heavy for your height	<input type="checkbox"/>
Obese – you are very heavy for your height	<input type="checkbox"/>

- If you are overweight you need to think about losing some weight. You can do this by eating less of the wrong food every day and exercise more.
- Being overweight is not healthy
- You may not be able to move around very well and you may get out of breath
- Being overweight can stop you from doing the activities you enjoy



How do people PUT WEIGHT ON?

METABOLISM

Metabolism means how fast or slowly your body uses up the calories from the food you have eaten.

Most people with Down's syndrome have a slow metabolism and put on extra weight more easily.

People with a slow metabolism need to eat a little less.
They also need to eat healthy food.

CALORIES

To stay at the right weight for you it is important to eat and use up a similar number of calories every day. A calorie is the energy made by your body from the food you eat.

You need the right amount of food to make your body work and to have the energy to do things you enjoy.



If you eat too much and do not exercise enough, you will put on weight.

Why do people eat too much?

Here are some examples of the reasons why people eat too much food. Answer the questions below with a tick (✓) or a cross (✗) if it describes you.



I always finish everything on my plate

Yes (✓) No (✗)

☐

I'm not sure I know what healthy food is

☐

I eat when I am watching television

☐

I do not like healthy food

☐

I eat when I am bored

☐

I eat lots of crisps, sweets and chocolate

☐

I eat snacks between my main meals






☐

I eat more when I am unhappy

☐

My food DIARY

Use the food diary below to write down everything you eat during one week.

	 Breakfast	 Lunch	 Dinner	 Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

What do you EAT?

At the end of the week, answer these questions



**Did you eat between meals?
If yes, what did you eat?**



**Did you eat more than one packet of crisps
or one chocolate bar each day? If yes, how
many did you eat each day?**



What vegetables did you eat?



What fruit did you eat?



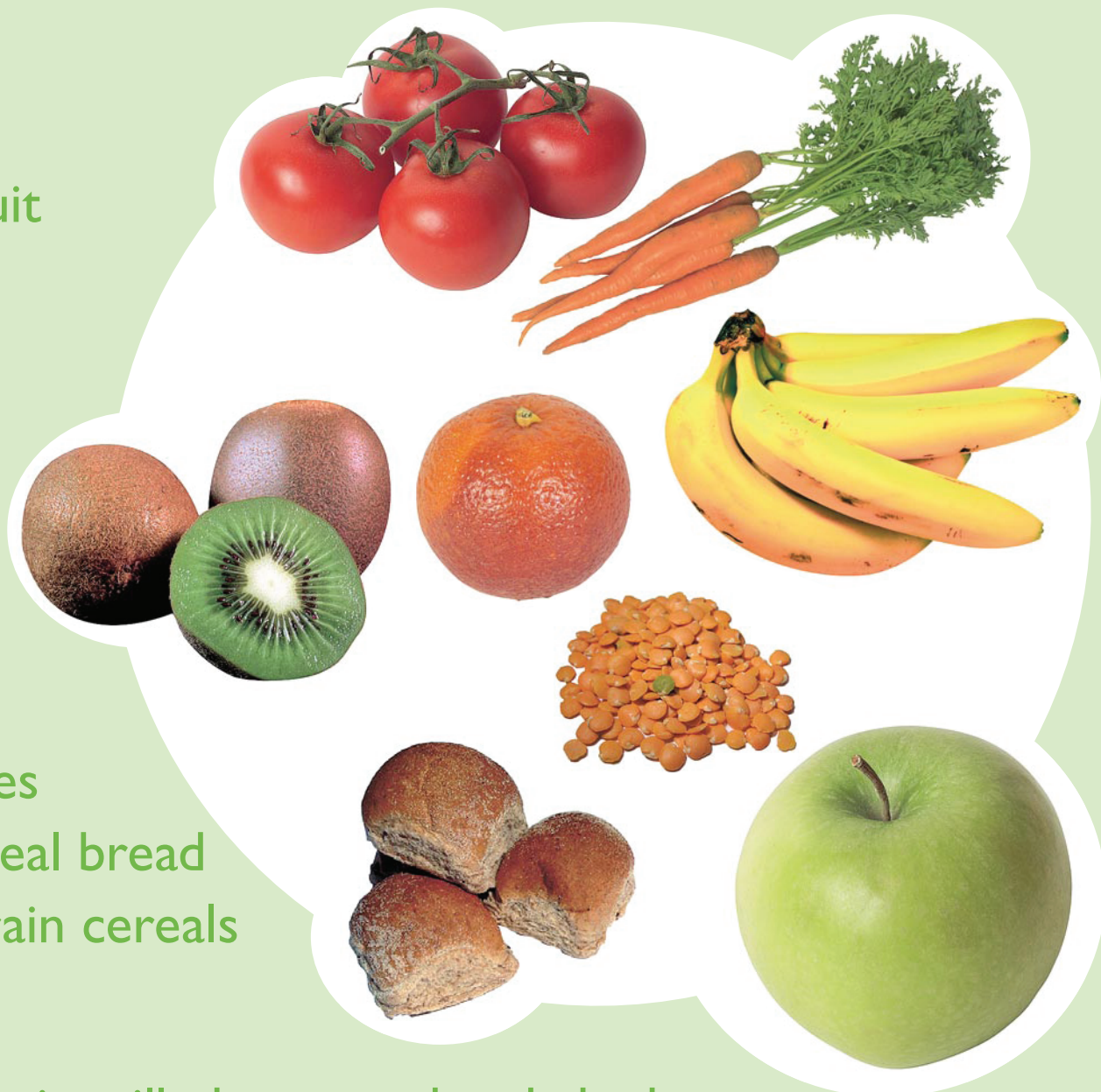
Did you have any take away food?



GREEN FOODS

Foods you CAN eat every day

Beans
Chicken
Dried fruit
Fish
Fruit
Lentils
Pasta
Porridge
Rice
Salad
Vegetables
Wholemeal bread
Wholegrain cereals



Food that is grilled, steamed or baked.

Good things to add are: semi-skimmed milk, cottage cheese, fromage fraise, low fat spreads and margarine, low fat yoghurt.



RED FOODS

Foods you should NOT eat every day

Biscuits

Burgers

Cakes

Cheese

Chips

Crisps

Ice cream

Pies

Pizza

Sausage

Sweets



Food that is fried.

There are lots of calories in: butter, mayonnaise, sauces, sugar, salad dressing and full fat milk so you should use a healthy alternative or use a small amount.

FOOD FACTS

What meals are healthy?

Circle below which meals you think are healthy.

Breakfast



Porridge



Cooked breakfast



Cereal and orange juice

Lunch



Ham sandwich



Burger chips and coke



Vegetable soup and bread

Dinner



Pasta and salad



Fish and chips



Macaroni and cheese

Good eating habits

- Eat three meals a day
- Stop eating when you are full. You do not have to finish everything on your plate
- If you need a snack in between meals have some fruit rather than crisps, sweets or chocolate.
- Drink plenty of water rather than fizzy drinks
- Do not have sugar in your tea and coffee
- Look for low fat choices. This is when a lot of the fat has been taken out of the food.

Is my favourite meal HEALTHY?

Activity: MY FAVOURITE MEAL

Write down your favourite meal

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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The 'eat well plate' shows you what kinds of foods you should have in your diet.

If you know what is in your favourite meal, is it healthy? If you don't know, ask someone to help you.

YES

☐

NO

☐

How do people LOSE WEIGHT?

Eat the right amount of food, be more active and do more EXERCISE.

EXERCISE DIARY

Write down what exercise you do each day for a week



DAY	EXERCISE
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Looking at your diary

Did you do something active every day? _____

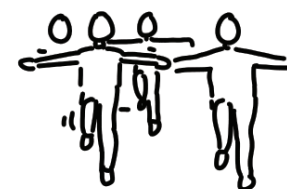
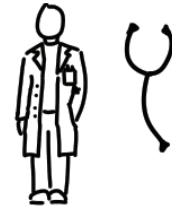
Did you walk further than usual? _____

What activity did you enjoy most? _____

Do you need to be more active? _____

TOP TIPS

- If you have not exercised for a long time talk to your doctor or nurse before you start.
- Start by doing 5 minutes and slowly build up to half an hour or more.
- You should exercise every day. Walking is a good way to do more exercise. Try walking to the shops instead of going in the car or bus.
- You need to walk faster than you normally do so that you get warm and have to breathe a bit faster.
- Exercise makes you sweat and you will feel out of breath. This may feel uncomfortable for a while. If you are in pain you should stop and tell someone.
- Most people find it easier to exercise with a friend or a family member picture of someone walking with a friend
- There are also exercise DVDs that you can use at home.



Lots of activities can help you to keep fit.
Look at the back page for more ideas.

My CHALLENGE



DIET

In the table below write down 3 challenges related to healthy eating. For example 'I will eat an apple and banana every day'. After each month, if you have achieved the challenge put a tick ✓, if you haven't put a cross ✗.

My Challenge	Month 1	Month 2	Month 3

EXERCISE

In the table below write down 3 challenges related to exercise. For example 'I will walk to the shop every morning'. After each month, if you have achieved the challenge put a tick ✓, if you haven't put a cross ✗.

My Challenge	Month 1	Month 2	Month 3

My SUCCESS



After 3 months, write down how successful you have been. For example, I have been more active, I have been eating healthy foods.

1. _____

2. _____

3. _____

Your weight

Write down the date and your weight every month

Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
Date	Date	Date	Date	Date	Date
Weight	Weight	Weight	Weight	Weight	Weight

REMEMBER

Doing Lots of activities
and eating healthy can
help you to keep fit
and lose weight.



10 easy ways to burn 100 CALORIES



Leisurely walk _____ **34 minutes**



Get off the bus 3 stops early _____ **25 minutes**



Hoover, dust, polish _____ **29 minutes**



Push supermarket trolley _____ **25 minutes**



Mow the lawn _____ **24 minutes**



Walk the dog _____ **24 minutes**



Fast walk _____ **18 minutes**



Dancing _____ **16 minutes**



Swim slow lengths _____ **16 minutes**



Climb the stairs _____ **12 minutes**



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helping people realise their potential

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