

## Weight Reducing: Your guide to healthy eating whilst taking Orlistat

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian

### Why 'weight' for a healthier lifestyle?

If you are overweight you are at greater risk of developing health problems such as: type 2 diabetes, raised cholesterol, raised blood pressure, coronary heart disease, osteoarthritis, obesity-related cancers and joint pain.

Making small but positive changes to your diet and lifestyle can help you to lose weight and reduce the risk of developing these health problems.

### Fat

It is recommended that you reduce your fat intake to 30% of your total calorie intake whilst taking orlistat. Reported side effects of eating too much fat include: flatulence, oily spotting on underwear, and increased urgency and loose bowel movements.

Tips on how to reduce your fat intake:

- Change from butter or regular spreads to a low fat spread such as Flora light, Bertolli light or supermarket versions
- Choose lean cuts of meat and trim visible fat. Avoid skin on chicken and crackling on pork.
- Avoid added fat/oil when cooking, (or use a spray oil) – grill, poach, bake or microwave instead.
- Choose low fat dairy foods such as semi-skimmed or skimmed milk, low calorie yogurts, reduced fat cheeses and low fat spreads.
- Choose lower fat cook-in sauces with less than 5g fat per 100g sauce.

### Why take orlistat and how does it work?

If you eat more calories than you need, your body stores the extra, resulting in weight gain. One way to aid weight loss is to reduce the amount of fat in your diet.

Orlistat works in your digestive system by preventing about one third of dietary fat from being digested and absorbed. It does this by attaching itself to enzymes called lipases (found in your gut) that breakdown dietary fat – meaning any undigested fat cannot be absorbed and is passed in your stools.

### Fibre, Fruit and Vegetables

Fibre is needed in the diet to help maintain a healthy digestive system, fill you up and it can also help to reduce raised cholesterol levels.

To increase your fibre intake:

- Choose high fibre breakfast cereals such as Weetabix, Shreddies or Branflakes.
- Choose wholemeal bread, wholewheat pasta and brown rice
- Include pulses, peas, beans and lentils

Aim to have five or more portions of fruit and vegetables each day, fresh, frozen or tinned. They are both low in calories and provide essential nutrients to promote healthy skin, immune function and general well being.

One portion is:

- 1 medium fruit, such as apple, small banana, pear
- 2 small fruits, such as 2 plums, 2 apricots, 2 kiwis
- A handful of berries/grapes
- 3 tablespoons cooked fruit or vegetables
- A small mixed salad
- A small glass of fruit juice approximately 150 ml (limit to one small glass per day as fruit juices are high in sugar).

## Weight Reducing: Your guide to healthy eating whilst taking Orlistat Sugar and snacks

Sugar provides 'empty calories'. 1 teaspoon provides approximately 20 calories. Aim to reduce the amount of sugar in your diet as much as possible. Try to:

- Have hot drinks without sugar or use a sweetener.
- Choose 'no added sugar' squashes, diet/slimline/zero fizzy drinks or flavoured water
- Choose desserts, such as sugar free jelly and low calorie yogurts (less than 100 calories per 125g pot)
- Choose tinned fruit in natural juice rather than in syrup.

You can have snacks between meals but try to choose healthy types. Remember to stock up on these healthy items to prevent you being tempted by other things. Try the following:

- Chopped vegetables such as carrots, celery and peppers. Try a low fat dip such as salsa (tomato with onion, chilli, lime and coriander) or tzatziki (yogurt with cucumber, garlic and mint)
- Fresh fruit (with sugar free jelly or low calorie yogurt)

There are many not so healthy snacks available that are less than 100 calories per portion.

Examples are

2 Jaffa cakes

1 bag Ryvita minibites

1 thin slice of malt loaf

1 small (multipack) of Quavers

1 funsize Twix/Milkyway

1 Cadbury Highlight mousse

Check for other ideas by checking the nutrition labels or look online for "100 calorie snacks"

**Limit this type of snack to a maximum of 1-2 per day, less if you find you are not losing weight**

### Some extra handy tips

- Try to eat three regular meals each day
- Eat some starchy carbohydrate such as bread, potato, rice and pasta at each meal. These are low in fat and will help to make you feel full.
- Fill at least **half** your plate with vegetables and salad and eat smaller portions of meat and starchy food. This will reduce your calories but keep you feeling full.
- If you need to eat smaller portions, then try using a smaller plate. Eat slowly!
- Try not to buy tempting foods – if it's not in the cupboard, you can't eat it!
- Stay motivated. It is easier to achieve results if you have a clear goal of weight loss or a clothing size to work towards.
- Don't give up. Your weight loss may stop and start but keep going and the outcome will be worth it!
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### Sugar and snacks

#### Suggested 4 day meal plan

Breakfast	Lunch	Evening meal
25-40g (1 to 1½ oz) cereal low fat milk 1 portion fruit or a small glass of fruit juice	Sandwiches (2-3 slices of bread) 1 slice lean meat and salad  1 portion fruit	Shepherd's Pie, spaghetti bolognese or chilli-con-carne and rice Large helping of vegetables or salad. Fresh fruit salad
2 slices toast thin spread of low-fat spread jam or marmalade 1 portion fruit	Sandwiches (2-3 slices of bread) 1-2 boiled eggs and salad  Low calorie yogurt, such as Muller Light, Weight Watchers or Onken Lite	Smoked haddock–poached Jacket potato Large helping of vegetables  Sugar-free jelly and fruit tinned in natural juice
2 slices toast thin spread of low-fat spread 1 boiled egg	Non-cream soup with 2-3 slices bread or toast <b>or</b> Jacket potato with a little low- fat cheese and pickle or tuna and low fat dressing Salad 1 portion fruit	Lean meat – grilled, such as gammon, steak, chicken, bacon <b>or</b> Lean meat - casserole. Jacket or boiled potatoes Large helping of vegetables  Fresh fruit salad
2 slices toast thin spread of low-fat spread 1 poached egg and grilled tomatoes	Roast dinner with lean meat 2- 3 slices Boiled potatoes 2-3 medium Large helping of vegetables.  Baked or stewed apple (with cinnamon and sultanas) and custard made with low-fat milk <b>or</b> natural yogurt	Large mixed salad Lean meat or tinned fish or 1-2 boiled eggs. 2 slices bread  Yogurt (as before)

