

## Activity

The more active you are, the more calories you will burn and the less likely you will be to gain weight.

- Adults should aim for 30 minutes moderate activity at least 5 days per week
- Walking is the simplest and cheapest way to exercise. Try walking faster and for longer to increase your fitness
- Many areas have walking groups you can join
- Brisk housework and gardening can also help to keep you active
- Even small changes such as taking the stairs or getting off the bus a stop earlier can help.

## Useful websites:

<a href="http://www.eatwell.gov.uk/healthydiet">www.eatwell.gov.uk/healthydiet</a>	<a href="http://www.bda.uk.com/foodfacts">www.bda.uk.com/foodfacts</a>
<a href="http://www.activescotland.org.uk">www.activescotland.org.uk</a>	<a href="http://www.takelifeon.co.uk">www.takelifeon.co.uk</a>

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# Medication And Weight Gain

Advice for Patients, Family & Carers.



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## Medicines and weight gain

Medicines are used for a variety of reasons. Taking medication as prescribed can help you feel better and enjoy life to the full.

Unfortunately for some, a possible side-effect of medication can be unwanted weight gain.

### Medicines may increase your weight by:

- Causing increased appetite.
- Causing cravings for sweet foods especially chocolate.
- Stopping you feeling full even after a large meal.
- Causing tiredness and stiffness which may make you less active.
- Causing dry mouth and thirst which may mean you increase your intake of high calories drinks.
- Slowing your metabolic rate which may mean you burn fewer calories.

**Do not stop taking your medicine.** Weight gain can be upsetting and it can affect your health but it is important that you continue to take your medication to keep you well.

## Increased appetite

If you notice an increase in appetite or you crave sweet foods:

- Eat at regular times in the day and do not skip meals or snacks. If you go long periods without food your blood sugar will dip and make your cravings worse. Eating something every 3-4 hours helps.
- Aim for 5 fruit and vegetables a day.
- Try to cut back on foods and drinks that are high in fats and/or sugars such as fried foods, pastries, crisps, takeaways, sweets, chocolates, cakes and biscuits.
- It is important to eat balanced meals. A balanced meal is based on starchy carbohydrate (bread, breakfast cereal, rice, pasta etc), plenty of vegetables, salad and fruit, and a portion of protein (meat, milk, fish, cheese, nuts or beans).

## Sample Meal Plan

<b>Breakfast</b>	Bowl of cereal with semi-skimmed milk <i>or</i> 2 slices toast with spread or jam or marmalade Small glass of fruit juice
<b>Mid Morning</b>	A piece of fruit <i>or</i> low calorie cereal bar
<b>Lunch</b>	2 slices of bread, a roll, wrap, pitta bread <i>or</i> baked potato with filling of meat, cheese, egg, beans <i>or</i> fish Small packet of crisps & a piece of fruit
<b>Mid Afternoon</b>	Low fat yoghurt <i>or</i> a piece fruit
<b>Evening Meal</b>	Meat, chicken, fish, eggs or pulses with a serving of potatoes, pasta, rice or noodles. Serving of vegetables or salad
<b>Evening</b>	1 Slice of toast <i>or</i> a small bowl of cereal with milk

## Drinks

If you have a dry mouth or feel thirsty drink plenty of fluid. Aim for 6-8 tall glasses of fluid per day.

- Water is the best fluid, however no added sugar squash, flavoured water, fruit teas and decaffeinated teas and coffees will also help to keep you hydrated.
- Avoid too much caffeine as this can make you thirsty, wakeful and anxious. Caffeine is in tea, coffee, energy drinks and fizzy drinks such as cola & iron brew

Avoid fizzy drinks, full fat milk and fruit juices as these can be high in calories and contribute to weigh gain.