



LOW CARB RESOURCES

Weight Management: the Freshwell Low Carb Guide

What is Freshwell Low Carb?

Freshwell Low Carb is a way of eating that can help you lose weight and feel better. It focuses on eating real foods like meat, fish, eggs, and vegetables. It involves eating less sugar and fewer processed foods like cakes and crisps.

NHS doctors at Freshwell have created this plan because they saw it helping many people. It can help you:

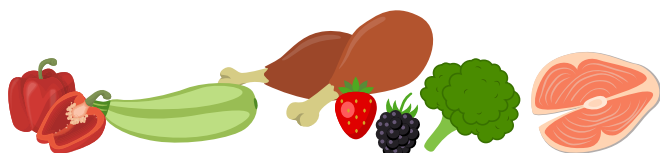
- Feel less hungry
- Lose weight and keep it off
- Have more energy

Your Journey Starts Here

Well done on taking the first step!
Some people start by making small changes, like:

- Eating less ice cream, cake, and biscuits
- Having tea or coffee without sugar
- Drinking less alcohol

Every small step helps.



What changes could you make? Write them here:

1

2

3

You can purchase a Freshwell meal planner from the Freshwell website to help with your meal planning.
www.lowcarbfreshwell.com/resources/meal-planners/



YOUR NEXT STEPS

1 Look at our green, amber, and red food list. It shows:

Green foods: Eat plenty of these

Amber foods: Eat these less often

Red foods: Avoid where possible

2 Plan your meals:

- Include foods from the green list in every meal
- Add some amber foods if you like
- Try to avoid red foods most of the time

3 Set a goal for next week.

What one thing will you try to change?
Write it here:

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Tips for Success

- ✓ Eat real, whole foods when you can
- ✓ Have meals with protein, vegetables, and some healthy fats
- ✓ Try not to snack between meals
- ✓ Don't worry about counting calories
- ✓ Drink plenty of water



Getting help changing how you eat can be hard. It's okay to ask for help:

- Talk to friends or family about your goals
- Join our Freshwell Low Carb Community if you use the internet
 -  **Freshwell Low Carb Support Group**
- Ask at your doctor's surgery about local support groups



*Remember: You're doing great!
Every small change helps. Keep going!*

Always check with your doctor before making big changes to how you eat, especially if you have health problems or take medicine.

