



Royal Berkshire
NHS Foundation Trust

Prehab: Weight management and healthy eating

Information for patients
preparing for an operation or
procedure

Why is weight management important?

- It might help reduce the risk of developing health conditions such as high blood pressure, heart disease, cancer and type 2 diabetes.
- Improve the outcome of any treatment that you might be undergoing.
- Reduce any risks during your treatment.
- Support your long-term health.
- Improve knee osteoarthritis, sleep apnoea.
- Improve health related quality of life.

A widely used method to determine if people are in their healthy weight range or not is by calculating their Body Mass Index (BMI). Your BMI is calculated with the help of your height and weight. This is a general method as it does not take account of body composition, for example, muscle, fat, bone density but it can be a relatively easy method to keep a track on your weight.

How to calculate your Body Mass Index (BMI)

One way to calculate your BMI is through the NHS website link <https://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults>

Another simpler way is by finding your weight and height in the chart on the next page. Using the chart, you can also get an idea about your healthy weight range to better manage the weight.

To find your BMI, locate where your height and weight intersect; your BMI is listed in the square.

		WEIGHT																												
		lbs	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290							
		kgs	41	45	50	54	59	64	68	73	77	82	86	91	95	100	104	109	113	118	122	127	132							
HEIGHT	ft/in	cm																												
	4'8"	142.2	20	22	25	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65							
	4'9"	144.7	19	22	24	26	28	30	32	35	37	39	41	43	45	48	50	52	54	56	58	61	63							
	4'10"	147.3	19	21	23	25	27	29	31	33	36	38	40	42	44	46	48	50	52	54	56	59	61							
	4'11"	149.8	18	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51	53	55	57	59							
	5'0"	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57							
	5'1"	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47	49	51	53	55							
	5'2"	157.4	16	18	20	22	24	26	27	29	31	33	35	37	39	40	42	44	46	48	49	51	53							
	5'3"	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44	46	48	50	51							
	5'4"	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43	45	46	48	50							
	5'5"	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48							
	5'6"	167.6	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47							
	5'7"	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	39	41	42	44	45							
	5'8"	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	38	40	41	43	44							
	5'9"	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	35	37	38	40	41	43							
	5'10"	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	37	39	40	42							
5'11"	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	36	38	39	40								
6'0"	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	35	37	38	39								
6'1"	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38								
6'2"	187.9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37								
6'3"	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36								
6'4"	193.0	11	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30	32	33	34	36								
6'5"	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34								
6'6"	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34								
6'7"	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33								
6'8"	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32								
6'9"	205.7	10	11	12	13	14	15	16	17	18	19	20	21	24	24	25	26	27	28	29	30	31								
6'10"	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
6'11"	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30								
			Underweight					Healthy					Overweight					Obese					Extremely Obese							
			REDUCED RISK										INCREASED RISK																	

Source: NHS inform, NHS Health Scotland

Healthy eating

There are two most effective ways to manage the weight: regular physical activity and healthy eating. This booklet focuses on healthy eating.

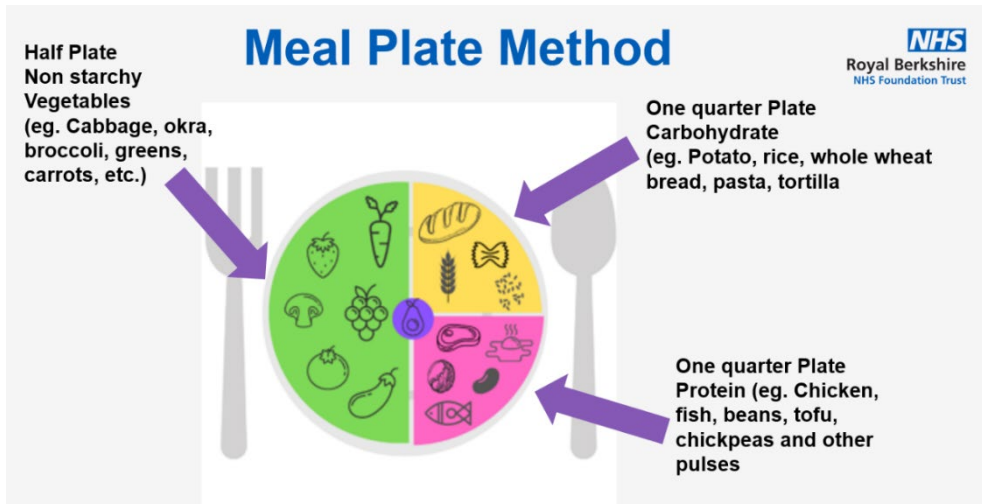
While the principles of healthy eating, such as increasing vegetable intake and incorporating more protein, are well known, putting them into practice can be significantly more challenging. Despite widespread awareness, many individuals find it difficult to consistently apply these habits in their daily lives due to time constraints, lifestyle demands, or lack of accessible options.

The following table shows some of the common challenges that our patients faced and strategies that worked for them. You can add your own challenges in the table below and think how you can overcome it yourself or with the help of your friends and family.

Challenge	Strategies to overcome it
Eating too much in a single meal	• Reduce the quantity, e.g. have 3 potatoes instead of 4 • Use a smaller plate for your meal
Difficult to eat healthy in social gatherings	• Have a bowl of salad or glass of vegetable juice before the gathering so you feel a bit fuller and less tempted to eat out • Share a starter with a friend to reduce portion size
Having chocolates and biscuits	• Drink a glass of water instead, as thirst can be mistaken for hunger. Then see if you still feel like snacking • Place chocolates or biscuits as far away from your reach as possible to reduce the temptation • Opt for healthy snack options instead, such as popcorn, fruits, nuts, etc.
Not getting the time to cook healthy because of work or other commitments.	• Buy and store the ingredients for the entire week and make a plan of the meals you are going to cook. When we have a plan, we tend to follow that instead of ordering in or eating out

Simple ways to make sure you are eating healthy

1. Meal Plate Method



You can simply divide your plate into 3 parts:

- Half plate – Vegetables
- One quarter plate – Protein
- One quarter plate – Carbohydrate

2. Include fibre in your meals

Fibre is essential for your gut to work normally. It increases good bacteria which supports your immunity against inflammatory disorders and allergies. A high fibre diet seems to reduce the risk of chronic diseases such as cardiovascular disease, type 2 diabetes and bowel cancer.

Eating a range of dietary fibre can:

- Improve the diversity of your microbiota which improve digestion
- Improve constipation and lactose intolerance
- Enhance immunity
- Reduce inflammation in your gut
- Helps in maintaining healthy weight

Tips to include more fibre

- Include wholegrain cereals (e.g. porridge, whole wheat bread)
- Choose whole wheat bread, brown rice, whole wheat pasta
- Eat potatoes with skins on
- Add beans, lentils or chickpeas to dishes
- Include vegetables in sauces, stews, and sides
- Add fruits (fresh, dried, or canned in juice)

How much fibre should I have?

Adults are recommended to get around **30g of dietary fibre** each day for the general health benefits. If due to any clinical conditions, you have been advised to restrict your fibre intake, it is advisable to check with your GP before making any changes in your meal pattern.

What are you looking for on a nutrition label?

If dietary fibre is 3g or more per 100g, this item can be counted as source of fibre.

If it is 6g or more per 100g, it is high in fibre.

An example nutrition label is showed on the right.

A serving size tells you how much of a food or a liquid is in 1 serving.

This number tells you how many grams (g) of fiber are in 1 serving.

Nutrition Facts		
Serving Size ½ cup (130g)		
Serving Per Can 3½		
Amount Per Serving		
Calories	140	Calories from Fat 0
% Daily Value*		
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	510g	21%
Total Carbohydrates	28g	9%
Dietary Fiber	6g	24%
Sugars	11g	
Protein	6g	
Vitamin A	2%	Vitamin C 0%
Calcium	6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		

Fibre rich foods

Foods	Total fibre per 100g
Cereals and carbohydrates	
Shredded whole wheat or bran cereals	13-24.5g
Wholemeal bread (two slices)	7.0g
Wholemeal spaghetti (boiled)	4.2g
Fruit and vegetables	
Figs	6.9g
Strawberries	3.8g
Parsnip (boiled)	4.7g
Broccoli (boiled)	2.8g
Nuts and seeds	
Almonds	7.4g
Peanuts	7.6g
Sesame	7.9g
Sunflower seeds	6.0g
Peas and beans	
Peas (boiled)	5.6g
Baked beans (in tomato sauce)	4.9g
Green beans (boiled)	4.1g

3. Smart snacking

We know it can be difficult to know what to do when it comes to snacks, so we have shared some healthier options.



Almonds



Homemade popcorn



Vegetable sticks on their own or with a spoonful of hummus or cottage cheese



Small apple, berries with spoonful of high protein plain yoghurt

4. Stay hydrated

Why stay hydrated?

Water in the body is essential for many important processes to take place. From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy.

How much do I need?

Adults typically require approximately **1.5 to 2 litres** of fluids per day. However, this amount can vary depending on factors like physical activity levels, environmental temperature, and individual fluid loss. A typical mug or glass is about 200 millilitres (ml) so this equates to 8-10 drinks a day.

Also, if you have any clinical conditions that require you to restrict your water intake, you can follow the advice of your GP.

What drinks count?

Simply, any drink will help to promote hydration. Water from the tap is a great choice, not least because it's readily available and free. Other drinks count towards our total fluid intake too; milk, fruit juice, tea, and coffee are all over 85% water and can be included in total fluid intake.

Facts about other drink options



Some drinks contain other nutrients in addition to fluid such as fats, vitamins and minerals but may contain sugars too. So it is advisable to be mindful when drinking fruit juices to maintain your fluid intake.



Drinks with added cream and/or full fat milk provide more calories and higher fat intakes are not generally recommended within healthy eating guidelines.



Tea and coffee can be added to your regular fluid intake if you are used to it but it is good to be careful about the caffeine as it can impact your sleep.

Useful links

NHS BMI calculator: A quick tool to calculate your Body Mass Index (BMI) and understand if you are in the healthy weight category to help manage your health.

www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/

NHS digital weight management programme: An online programme offering personalized support and advice to help you lose weight and improve your wellbeing. You can self-enrol yourself if your BMI is above 30 and you have diabetes or hypertension.

www.england.nhs.uk/digital-weight-management/

Eatwell Guide: Official NHS guidelines on balanced eating, showing how to get a healthy diet with the right proportions of different food groups.

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

Healthy recipes app: A collection of nutritious and easy-to-make recipes designed to support a healthier lifestyle for the whole family.

www.nhs.uk/healthier-families/recipes/

NHS food scanner app: A handy app that lets you scan barcodes to get nutritional information and healthier alternatives for everyday food products.

<https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>

Contact information

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To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Prehab Team, October 2025

Next review due: October 2027