



NATIONAL SLIMMING CENTRES

# Diet Guide



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NATIONAL SLIMMING

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## Contents

Introduction	2
Guidelines for Healthy Eating	3
How Can You Eat Less Fat?	3
How Can You Eat Less Sugar?	4
Your Plate Should Look Like This	4
Getting the Energy Balance Right	6
How Can You Increase Energy Output?	7
How Much Energy Do You Need?	9
Diet Plan	10
Menu Suggestions: Menu 1	13
Menu 2	14
Menu 3	15
Menu 4	16
Menu 5	17
Menu 6	18
Menu 7	19
Calorific Values and Fat Content of Common Foods	20

## Introduction

Over the years, there have been many slimming crazes which may have left you confused about the best way to lose weight. Unfortunately, there is no miracle cure.

‘Crash’ diets are usually very restrictive, and designed to be used only for a few weeks. Although some can be effective in achieving weight loss in the short term, most people find that they put the weight back on as soon as they return to normal eating.

**The only way to lose weight permanently is to change your eating habits for the long term.**

**The following healthy eating guidelines together with the diet plan and other useful information will help you lose weight sensibly by making gradual and permanent changes to the way you eat.**

The information is based on scientific research and current nutritional thinking.

Parsnip, roasted	29	1.7
Peas, fresh	25	0.2
Peas, frozen, boiled	19	0.2
Peas, garden, canned	22	0.3
Peas, processed, canned	25	0.2
Peppers, one average	17	0.4
Potatoes, raw, new	22	0.1
Potatoes, raw, old	21	0.1
Potatoes, baked, one 6oz with skin	150	0.3
Potatoes, boiled, old	20	0.1
Potatoes, chips, average	54	1.9
Potatoes, roast, per 2oz chunk	80	2.6
Spinach, cooked	5	0.2
Spring greens, cooked	6	0.2
Swede, boiled	4	0.1
Sweetcorn, boiled	31	0.6
Tomato, one average	14	0.1
Tomato, canned, including juice	3	0
Turnips, boiled	4	0.1

## Basic Drinks

Per pub measure or standard bottle

Ale, strong, 1/2 pint	200
Bacardi	50
Bitter, pale ale, 1/2 pint	90
Cider, dry, 1/2 pint	104
Gin, Brandy, Vodka, Whisky	55
Gin & Tonic	85
Guinness or Stout	105
Lager, 1/2 pint	83
Lager, German	112
Lager, Special Brew, 1/2 pint	200
Malibu	50
Martini, dry	50
Rum or Brandy	75
Sherry, cream	75
Sherry, dry	60
<b>Table Wines, per 5fl oz glass</b>	
Asti Spumante	120
Champagne	95
Dry red	75
Dry white	85
Rose or white medium	90
Sparkling white	110
Sweet white	102

## Syrups, Treacles

Calories Per 28g/1oz

Black treacle	72	0
Golden syrup	83	0
Maple syrup	70	0
Molasses	80	0

## Vegetables

Calories Per 28g/1oz unless  
otherwise stated

Avocado, average	190	5.4
Beans Aduki, dried	80	0
Beans, baked in tomato sauce	20	0.2
Beans, Black Eye, or Aduki, boiled	32	0.2
Beans, broad, boiled	14	0.2
Beans, butter, boiled, canned	28	0.1
Beans, French	10	0
Beans, Haricot, boiled	26	0.1
Beans, runner, boiled	5	0.1
Beans, red kidney, boiled	28	0.2
Beans, soya, cooked	39	2.0
Beansprouts, mung, fresh	9	0.1

Beansprouts, mung, boiled	7	0.1
Beetroot, boiled	13	0
Broccoli, boiled	7	0.2
Brussels Sprouts, boiled	10	0.3
Cabbage, white, Savoy, spring, boiled	4	0.1
Calabrese, boiled	7	0.2
Carrots, boiled	7	0.1
Cauliflower, boiled	8	0.2
Celery, raw, per stick	5	0
Chick peas, boiled	32	0.5
Chinese leaves, raw	3	0
Corn on the cob, one whole	120	2.8
Courgettes	4	0.1
Cucumber	3	0
Garlic, one clove	2	0
Leeks, raw or boiled	6	0.2
Lentils, dried	88	0.5
Lettuce, one whole	15	0.2
Mangetout, boiled	8	0.1
Mixed vegetables, frozen	12	0.1
Mushrooms, raw	4	0.1
Onion, raw	10	0
Onion, spring, one	5	0.1
Parsnips, raw or boiled	19	0.3

## Guidelines For Healthy Eating

Reduce the energy content of your diet by reducing fat and sugar intake and avoiding alcohol.

## How Can You Eat Less Fat?

**Butter/Margarine** - try a low fat spread instead of butter or margarine. If you want to carry on using butter or margarine, spread it thinly.

**Milk** - use skimmed or semi-skimmed. Avoid cream and foods containing cream.

**Cheese** - use more lower fat cheeses, e.g. cottage, Brie, Edam to replace some Cheddar or Blue Veined types.

**Chicken** - always remove the skin.

**Meat** - should be as lean as possible. High fat meat products, e.g. sausages, pies, burgers should be avoided.

**Hidden fat** - Fat you can't see in foods can be more difficult to cut down, but it is important to cut down on: biscuits, crisps, croissants, cakes, chocolate, toffee, fudge, chips, nuts, full fat yoghurt and desserts, ice-cream, mayonnaise, salad cream.

**Look at the labels** - some foods may make low fat claims yet still contain a lot of fat, e.g. crisps, mayonnaise,

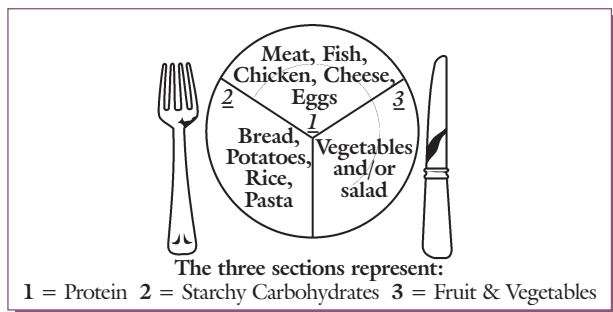
sausages.

**Cooking** - boil, bake, grill, poach, roast or microwave foods instead of frying.

## How Can You Eat Less Sugar?

- ⇒ Use low calorie or diet soft drinks
- ⇒ Use sugar free or reduced sugar yoghurts/desserts
- ⇒ Use only small amounts of jams/marmalade
- ⇒ Only eat cakes/biscuits/sweet puddings as an occasional treat

## Your Plate Should Look Like This



Make sure that most of your energy comes from starchy carbohydrate foods (*e.g. bread, pasta, rice, potatoes*) fruit and vegetables.

## Pasta

Calories Per 28g/1oz		
Pasta, chinese, egg noodles, dry	92	0.6
Pasta, egg, uncooked	105	2.0
Pasta, white, boiled, all types	36	0.2
Pasta, wholewheat, boiled, all types	33	0.3

## Pickles

Calories Per 28g/1oz		
Beetroot in vinegar	15	0
Pickled onions	6	0
Sweet pickles	39	0

## Rice

Calories Per 28g/1oz		
Rice, brown, boiled, all types	38	0.3
Rice, white, boiled, all types	35	0.1
Rice, wild, boiled	50	0.1

## Rolls, buns

Each		
Bagel, one average	150	0.8
Bap, one average	130	1.5
Bread stick, one	15	0.1
Brown roll, one average	140	2.0
Chapatti, one, heated without fat	120	0.6
Croissant, average	275	16.9
Crumpet, one	75	0.5
Currant bun, average	150	3.9
Jam doughnut, per 100g	341	4.2
Muffin	125	1.1
Pitta bread, one average	195	2.3
Scone, plain, average	200	6.5
Tea cake, average	160	2.4
White roll, one average	150	1.4
Wholemeal roll, one average	150	2.2

## Sugar

Calories Per 28g/1oz		
Demerara	112	0
Rich brown	100	0
Soft brown	112	0
White, granulated	112	0

Pork, leg, lean only, roast	51	1.9
Pork, leg, lean & fat, roast	71	5.5
Pork sausage, grilled	75	4.9
Quorn, meat substitute	24	1.0
Turkey, meat only, roast	39	0.7
Turkey, meat & skin, roast	48	1.8
Turkey, light meat, roast	37	0.4
Turkey, dark meat, roast	41	1.1
Veal fillet, breaded and fried	60	2.3
Venison, roast meat only	55	1.7

## Milk

Milk, condensed, sweetened, per 1oz	95	2.5
Milk, fresh, gold top, per pint	440	28.0
Milk, fresh, silver top, per pint	370	22.1

Milk, instant dried, low-fat per 1oz	101	0.4
Milk, skimmed, per pint	195	0.5
Milk, semi-skimmed, per pint	255	9.9
Milk, soya, unsweetened, per pint	205	12.6

## Nuts

Calories Per 28g/1oz unless otherwise stated

Brazil nuts, shelled	198	19.0
Cashew nuts	176	14.2
Chestnuts	47	0.7
Coconut, fresh	100	10.3
Hazelnuts, shelled	182	17.8
Mixed nuts, chopped	169	15.1
Nuts & raisins	142	10.1
Peanuts, fresh	157	12.9
Peanuts, roasted	164	13.9
Pecan	192	19.6
Pistachio nuts	180	15.3
Popcorn	134	5.6
Walnuts	192	19.2

A nutritionally well balanced meal should include portions from the three main sections, ie., a portion of protein, carbohydrate and fruit and vegetables. Make more room on your plate for starchy foods & vegetables. These foods are high in fibre which is necessary for a healthy lifestyle.

You should eat a variety of the following:

**Breakfast cereals** - Choose the wholegrain varieties or porridge.

**Bread** - Try different types of rolls and breads.

**Potatoes** - Boiled, mashed or baked with no extra fat.

**Pasta & rice** - Eat as part of a meal as an alternative to potatoes.

**Peas, beans & lentils** - Use more of them in soups, salads and stews.

**Fruit & vegetables** - Raw, fresh, tinned (without syrup) or frozen.

**Reduce the amount of salt in your diet:** Use less salt when cooking and at the table.

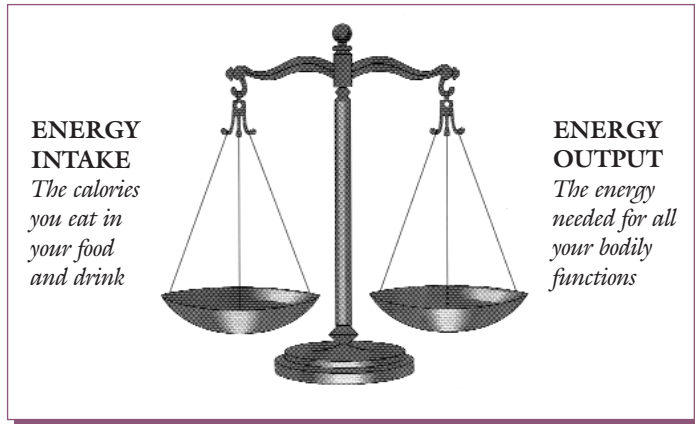
**Have three regular meals a day:**

Have breakfast, lunch and evening meal. This will ensure that you get all the nutrients you require and stop you wanting to snack frequently.

# Getting The Energy Balance Right

To allow your body to function normally, it needs a supply of energy as well as a variety of nutrients. If the food you eat contains more energy than you need, your body will convert the excess to fat, which will result in an increase of weight. In contrast, if the food you eat contains less energy than your body needs, you will break down some of your fat stores to produce extra energy and your weight will fall.

A good way of remembering this is to picture a balancing scales with energy input on one side and energy output on the other as shown below.



Beef, stewing steak	50		Ham, honey roast	50	1.8
Black pudding	80	6.3	Ham, lean, boiled	45	1.9
Calf's liver, fried	70	3.6	Lamb, breast,		
Chicken liver, fried	56	3.0	lean & fat, roast	114	10.3
Chicken, roast			Lamb, breast,		
meat only	41		lean only, roast	62	4.7
Chicken, roast			Lamb chops,		
whole	65	1.5	lean & fat, grilled	88	8.1
Chicken, breast,			Lamb chops,		
roast	42	1.1	lean only, grilled	62	3.4
Chicken, drumstick,			Lamb cutlets,		
skin on, roast	46	3.1	lean only, grilled	62	3.4
Chicken, drumstick,			Lamb, leg roast,		
skin off, roast	29	1.2	lean & fat	74	5.0
Chicken, quarter,			Lamb, lean mince,		
skin on, roast	49	3.2	raw	59	4.0
Chicken, quarter,			Lamb, lean mince,		
skin off, roast	32	1.5	cooked weight,		
Chicken, thigh,			no fat	79	4.4
skin off, roast	22	1.0	Lamb, shoulder,		
Corned beef	61	7.5	roast, lean only	54	3.1
Faggots	75	5.2	Liver sausage	87	7.5
Gammon joints,			Luncheon meat	89	7.8
boiled	80	5.5	Ox tongue, cooked	85	6.7
Gammon steaks,			Pork, braising steak,		
lean, grilled	47	1.5	lean, raw	36	1.2
Garlic sausage	70	6.3	Pork chops, lean only,		
Goose, roasted			grilled	63	3.0
meat only	89	6.1	Pork crackling,		
Ham, canned	29	0.9	per 1/2 oz	100	10.0

Cocoa powder	89	5.9
Cocoa, made up with skimmed milk	16	0.5
Curry powder	65	3.0
Custard powder	101	0.3
Drinking chocolate made up with semi-skimmed milk	20	0.5
Extra Virgin Olive Oil	231	25
Figs, dried	58	0.4
Honey	80	0
Hummus	52	3.5
Jams, average	73	0
Jelly made with water	17	0
Lentils, brown boiled	29	0.2
Mixed fruit, dried	63	0.4
Noodles, egg, boiled	17	0.1
Oils, Coconut/Corn/Olive/Soya/Sunflower	251	27.9
Pastry, puff, frozen	119	8.1
Pastry, shortcrust, frozen	124	8.1
Peanut butter	174	15
Red kidney beans, boiled	28	0.1
Rice, white, boiled	38	0.4

Sage & onion stuffing, made up	31	0.1
Soya milk	9	0.5
Sultanas	77	0.1
Tomato ketchup, 1 tablespoon	15	0
Vegetable stock cubes	91	5.2

## Meat

Calories Per 28g/1oz unless otherwise stated

Bacon, lean, fried	93	6.2
Bacon, lean, grilled	81	5.3
Beefburger, grilled	60	4.7
Beef, braising	55	3.0
Beef, braising, lean	36	1.8
Beef, brisket, cooked	92	6.7
Beef, lean, quick fry	36	1.1
Beef, lean mince, raw	55	2.9
Beef, lean mince, cooked, no fat	67	3.3
Beef, lean rump steak, grilled or raw	55	1.7
Beef, silverside, roast	78	5.8
Beef, sirloin, roast	78	5.9
Beef, steak, fillet, grilled	42	1.3

- ⇒ If the two sides balance, your weight will remain stable.
- ⇒ If you eat more energy than you use up, you will **gain** weight.
- ⇒ If you eat less energy than you use up, you will **lose** weight.

Therefore to lose weight, you need to decrease **energy intake** and increase **energy output**.

## How Can You Increase Energy Output?

Weight reduction depends on several factors.

- Food intake should be less than energy output. The metabolism should also be stable.
- By eating regular meals. When you eat, you produce heat (energy), therefore increasing your energy output.
- Exercising. To further increase the burning of body fat, exercise is essential. Whilst slimming, you should not indulge in vigorous training - it is better to exercise in moderation by cycling, taking walks or swimming. It will reduce not only your weight, but contribute to a more positive outlook on life.

## The Following Is An Example Of Calories Used During Exercise

### Calorie Consumption Table

Slow walking	200-300	cal/hour
Quick walking	400-500	cal/hour
Cycling	160-500	cal/hour
Gymnastics	160-500	cal/hour
Jogging	600-800	cal/hour
Swimming	600-800	cal/hour
Tennis	300-600	cal/hour

### Energy Intake

Increasing physical activity alone will not help you to lose weight. You have to decrease your energy intake by eating less fatty and sugary foods. Before commencing any exercise, it is advised that you consult your Doctor or an exercise consultant to confirm that it is safe for you to do so.

Mandarin, fresh, per average fruit	20	0
Melon, one 4oz slice	15	0
Melon, Honeydew or Ogen	5	0
Olives, stuffed, each	5	0.3
Olives, without stone	30	3.0
Orange, one average	70	0
Orange, canned, natural juice	9	0
Peach, one average	60	0
Pear, one dessert average	55	0
Pineapple, fresh	15	0
Plum, one average	18	0
Prunes, with stones, dried	60	0
Raisins, dried	76	0.1
Raspberries, fresh or frozen	7	0.1
Rhubarb, stewed, no sugar	2	0
Satsuma, one average	20	0
Strawberries, fresh	7	0
Sultanas, dried	70	0
Tangerine, one average	20	0
Watermelon	3	0

### Grains

Calories Per 28g/1oz		
Barley, pearl, raw	103	0.4
Couscous	103	0.2
Wheat Bran	58	1.5
Wheat Germ	102	2.9

### Kernels & Seeds

Calories Per 28g/1oz		
Sesame seeds	165	16.3
Sunflower seeds	162	13.2

### Kitchen Basics

Calories Per 28g/1oz unless otherwise stated		
Beef stock cubes	89	5.0
Bisto Chicken Gravy		
Granules, made up	10	0.7
Bisto Rich Gravy		
Granules, made up	10	0.7
Bovril Chicken		
Stock Cubes	54	1.2
Brown Sauce	27	0
Caster sugar	112	0
Chickpeas, dried, boiled	34	0.6

Scampi, fried	88	4.9
Shrimps, shelled	34	0.3
Sole fillet, Dover or		
Lemon Sole, raw	24	0.3
Sole fillet, Dover,		
poached	26	0.3
Trout, one average	175	6.3
Tuna, canned in		
brine	28	0.2
Tuna, canned in oil	53	2.5
Tuna steak, fresh	38	0.6

## Flour

Calories Per 28g/1oz		
Brown	90	0.5
Cornflour	99	0.2
Granary	100	0.3
Rice	105	0.1
Wheatmeal	95	0.5
White, plain	95	0.4
White, self-raising	92	0.3
Wholemeal	90	0.6

## Fruit

Calories Per 28g/1oz unless  
otherwise stated

Apple, average one	51	0
Apple, cooking, one	75	0
Apple, stewed, no		
sugar	10	0
Apricot, fresh	8	0
Apricot, dried	53	0
Avocado, average		
pear, flesh only	190	19.5
Banana, one small		
whole fruit (av. 4oz)	75	0.4
Blackcurrants, fresh	8	0
Cherries, fresh	11	0
Currants, dried	82	0
Dates, with stone,		
each, dried or fresh	15	0
Figs, dried	59	0
Fruit salad, canned	25	0
Gooseberries,		
stewed, no sugar	4	0
Grapefruit, half a		
fresh	15	0
Grapes, white or		
black	16	0
Kiwi fruit, one		
average	34	0
Lemon, one average	20	0
Mandarins,		
canned in syrup	16	0

## How Much Energy Do You Need?

The most recent research found that the estimated average energy requirement for men is 2500 calories a day and 1900 calories a day for women.

These are average figures. Some people will use slightly more energy and others will use slightly less. Your energy requirement can depend on your weight, the heavier you are, the greater the energy requirement.

Scientists have worked out that to lose 1lb of weight a week, an individual will need to eat 500 calories less than their energy requirement each day. **As you are aiming to lose 2-3lbs per week, the diet plan that follows is based on these figures. The diet plan also takes the differences in individuals' weight into consideration. This is because weight affects energy requirement by making adjustments for the amount of weight loss necessary to achieve healthy weight.**

## Diet Plan

### Daily Eating Plan (= 1000 calories)

(You do not need to eat and drink in this order)

Milk - 1/2 pint semi-skimmed or 3/4 pint skimmed milk daily

#### BREAKFAST

Bowl of wholegrain cereal or **1 bread option**. 1 slice of toast or **1 bread option**. Thin scraping of either jam, marmalade, butter, margarine or low fat spread.

#### BETWEEN MEALS

Fruit, tea, coffee with milk from allowance or low calorie drinks.

#### LIGHT MEAL

Small portion of lean meat or **1 meat option**. Large portion of salad/vegetables. Two slices of bread or **2 bread options**. Fruit.

#### MAIN MEAL

Soup, made only with stock and vegetables. Small portion of meat or **1 meat option**. Medium portion of potatoes or **1 bread option**. Large portion of vegetables and/or salad. Fruit or low fat yoghurt.

#### EVENING SNACK

Fruit, tea, coffee, with milk allowance or low calorie drinks.

## Eggs

Eggs, fresh

Large	95	7.0
Medium	80	6.6
Small	71	5.1
Scotch egg, average	300	23.0

## Fats & Oils

Butter per 1oz	206	23
Lard per 1oz	249	27
Low fat spreads per 1oz	106	11.3
Margarine, all types 1oz	204	22.6
Salad or cooking oils per 28g	251	27.9
Spreads, very low fat	75	7.0

## Fish

Calories Per 28g/1oz unless otherwise stated

Cod fillet, raw	21	0.3
Cod fillet, in batter	70	2.9
Cod steak, frozen, raw	19	0.3
Cod, steamed	25	0.3
Fish cake, one average, grilled	60	3.0
Fish finger, one average, grilled	50	1.8

Haddock fillet, raw	20	0.2
Haddock fillet, smoked	30	0.2
Haddock, steamed, 4oz	109	0.9
Herring, grilled	66	3.6
Herring, raw	65	5.1
Herring roe's, soft	65	0.5
Herring Rollmop	47	2.8
Kipper, baked, 4oz	232	12.7
Kipper, one 8oz, grilled	370	14.4
Kipper fillet, raw	77	3.2
Mackerel, flesh only, raw	62	4.5
Pilchards in tomato sauce	35	1.5
Plaice fillet, raw or steamed	26	0.5
Plaice fillet fried in breadcrumbs	64	3.8
Prawns, peeled	30	0.5
Prawns, unpeeled	15	0.3
Salmon, canned	44	2.3
Salmon, fresh, off bone	55	3.6
Salmon, smoked	48	3.0
Sardines, canned in oil	61	3.8
Sardines in tomato sauce	50	3.3

## Cheese

Calories Per 28g/1oz		
Blue Brie	112	10.6
Boursin	115	11.8
Brie	89	7.5
Camembert	88	6.3
Cheddar	120	9.3
Cheese spread	70	5.8
Cottage cheese	27	1.1
Cream cheese	123	13.1
Edam	93	7.0
Fromage Frais	32	2.0
Fromage Frais		
No fat	16	0.1
Gouda	105	8.7
Mozzarella	75	6.0
Parmesan, grated	126	9.1
Philadelphia	87	8.4
Stilton, blue	115	9.9

## Cream

Calories Per 28g/1oz		
Clotted	165	17.8
Double	125	13.4
Fraiche	106	7.5
Half Cream	40	3.8
Single	55	5.3
Soured Cream	57	5.6
Whipping Cream	105	11.0

## Drinks

Coffee, black	neg	0
Coffee with 1fl oz skimmed milk	10	0
Coffee with 1fl oz semi-skimmed milk	14	0.5
Coffee with 1fl oz whole milk	21	1.1
Tea, black	neg	0
Tea with 1fl oz skimmed milk	10	0
<b>* Fruit juices and drinks, per 5fl oz</b>		
Apple juice	50	0
Grapefruit juice	50	0
Orange juice	50	0
Pineapple juice	70	0
Tomato juice	30	0
<b>Squashes, per fl oz, undiluted</b>		
Average value for all squashes		
	30	0
<b>Carbonated Drinks, Mixers, per 4fl oz</b>		
Indian Tonic Water	32	0
Lemonade	30	0
<b>Cans, per 330ml</b>		
Cola	130	0
Lemonade	80	0
Orangeade	110	0

\* (Restrict to one small glass per day - all fruit juices contain natural sugar).

## BREAD OPTIONS

Instead of one medium slice of bread, you may have one of the following:

- 2 crispbreads
- 1/2 roll (e.g. softie)
- 1 medium sized potato, boiled or baked
- Small bowl (30g) of wholegrain cereal, e.g. Bran Flakes, Shreddies, Weetaflakes
- 4 tablespoons of cooked porridge
- 1/3 cup of beans/lentils/peas
- 2 tablespoons of cooked rice or pasta/noodles

## MEAT OPTIONS

Instead of 50g lean meat you could have one of the following:

- Large helping (100g) of fish (not fried)
- Small helping (60g) of chicken or other poultry (no skin)
- Match box size (40g) of hard cheese or 60g of reduced fat cheese
- 2 heaped tablespoons (100g) of low fat cottage cheese
- 2 eggs

## Adjusting The Eating Plan

	Weight loss needed		
	Less than 7lbs	Between 1/2 and 1 stone	More than 1 stone
Females	Follow the eating plan	Add 3 extra bread options to the eating plan	Add 5 extra bread and 1 extra meat options to the eating plan
Males	As above - plus 1 extra bread option	As above - plus 1 extra bread option	As above - plus 1 extra bread option

## Calorie Count

### BASIC FOODS

Complete calorie count of non-branded products including breads, fats, fruit, dairy products, meat and fish, kitchen basics, nuts, pasta and vegetables.

### *Biscuits*

#### Calories Per Biscuit

Chocolate Digestive	85	3.6
Cream Cracker	38	1.2
Crispbread, rye	27	0.3
Crispbread wheat	20	0.2
Digestive	68	3.1
Fig Roll	60	1.6
Rich Tea	35	1.3
Water Biscuit	20	0.6

### *Bread*

#### Calories Per 28g/1oz

Bran or Brown	61	0.6
Currant	80	2.1
French Stick	75	0.8
Garlic	100	5.6
Granary	65	0.8
Soda	75	0.7
White	65	0.5
White, toasted	74	0.4
Wholemeal	61	0.7

#### Per medium slice from large loaf

Brown	80	0.7
Granary	80	1.0
White	80	0.7
Wholemeal	75	1.1

### *Cereal*

#### Calories Per 28g/1oz

Bran Flakes	89	0.6
Bran Wheat	57	1.5
Cornflakes	103	0.2
Fruit and Fibre	98	1.6
Museli	110	2.2
Porridge made with water	14	0.3
Wheat Puffed	90	0.4
Wheat Shredded	91	0.9

## Calorific Values And Fat Content Of Common Foods

Calorific values are rounded to the nearest 5 kcal.  
Fat values are rounded to the nearest gram.

Tbsp. based on 1 level 15ml spoon.

Tsp. based on 1 level 5ml spoon.



**Green** - These foods are highly recommended and are less likely to form fatty tissue in proportion to the nourishment provided.



**Black** - These foods should be eaten in moderation.



**Red** - These foods are high in calories and/or high in fat, so should be avoided or eaten sparingly.



**Tinted** - These figures are the fat gram content.

## Menu Suggestions

### Menu 1

#### Breakfast

*2 Weetabix*

*1 slice of toast with a scraping of low fat spread*

*1 glass of grapefruit juice (unsweetened)*

*Tea or coffee*

*(Milk from daily allowance)*

#### Light meal

*1 medium sized baked potato filled with tuna mayonnaise (tuna in brine mixed with 1 small tablespoon of low fat mayonnaise) and green salad*

#### Main meal

*Tagliatelle with a tomato based sauce and a sprinkle of cheese and green salad*

#### Snack suggestion

*1 small slice of fruit bread*

## Menu Suggestions

### Menu 2

#### Breakfast

*1 portion of porridge*  
*1 glass of orange juice (unsweetened)*  
*1 slice of toast with a scraping of low fat spread*  
*Tea or coffee*  
*(Milk from daily allowance)*

#### Light meal

*Plain omelette*  
*Crusty wholemeal roll with a scraping of low fat spread*  
*Fresh fruit salad*

#### Main meal

*Smoked haddock*  
*Boiled potatoes*  
*Green salad*  
*Stewed rhubarb*

#### Snack suggestion

*Wholemeal scone*

## Menu Suggestions

### Menu 7

#### Breakfast

*Scrambled egg*  
*2 slices of toast with scrapings of low fat spread*  
*1 glass of grapefruit juice (unsweetened)*  
*Tea or coffee*  
*(Milk from daily allowance)*

#### Light meal

*Lentil soup*  
*2 oatcakes*  
*Apple*

#### Main meal

*Poached cod fillet with a Spanish sauce*  
*(sauce made with a tablespoon of tomato puree, 1 tablespoon of white wine, chopped tomatoes, celery, onions and mushrooms)*  
*served with boiled potatoes*

#### Snack suggestion

*Fresh fruit salad*

## Menu Suggestions

### Menu 6

#### Breakfast

*2 slices of toast with scrapings of low fat spread*  
*1 glass of orange juice (unsweetened)*  
*Tea or coffee*  
*(Milk from daily allowance)*

#### Light meal

*Pitta bread with tuna, lettuce and tomato*  
*Fresh fruit*

#### Main meal

*Spaghetti bolognaise (made with 50g lean mince beef)*  
*Green salad*

#### Snack suggestion

*Low fat yoghurt*

## Menu Suggestions

### Menu 3

#### Breakfast

*30g of Branflakes with sliced bananas*  
*1 slice of toast with a scraping of low fat spread*  
*Tea or coffee*  
*(Milk from daily allowance)*

#### Light meal

*2 slices of cold ham and salad (lettuce and tomato) between*  
*2 slices wholemeal bread*  
*1 pot of low calorie fruit yoghurt*

#### Main meal

*1 portion of roast chicken with a portion of boiled potatoes*  
*green beans and carrots*  
*1 apple*

#### Snack suggestion

*Dried apricots*

## Menu Suggestions

### Menu 4

#### Breakfast

*Poached egg*

*1 slice of toast with a scraping of low fat spread*

*1 glass of orange juice (unsweetened)*

*Tea or coffee*

*(Milk from daily allowance)*

#### Light meal

*Minestrone soup*

*Crusty wholemeal roll*

*Fresh fruit salad*

#### Main meal

*Roast pork with apple sauce*

*Boiled potatoes*

*Broccoli*

#### Snack suggestion

*Toast with scraping of fruit jam*

## Menu Suggestions

### Menu 5

#### Breakfast

*Boiled egg*

*1 slice of toast with a scraping of low fat spread*

*1 glass of grapefruit juice (unsweetened)*

*Tea or coffee*

*(Milk from daily allowance)*

#### Light meal

*Baked potato with baked beans and a sprinkle of cheese  
served with green salad*

#### Main meal

*Chilli Con Carne*

*(made with 1oz lean mince beef, 1oz kidney beans, onions,  
tomatoes and a dash of oil)  
served with 120g of boiled rice*

#### Snack suggestion

*Fresh fruit salad*