

SNACKS

Choose one item daily from the following list:

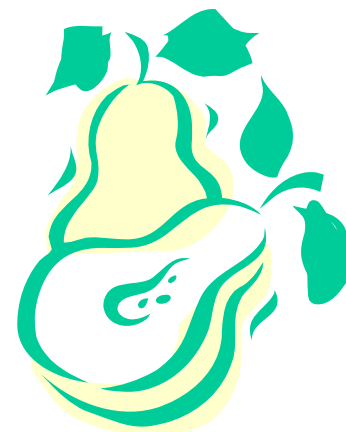
- ~ 3 Pieces fresh fruit
- ~ 2oz (50g) dried fruit e.g. apricots, raisins
- ~ 1 slice bread and thin spread of jam, marmalade, low fat cheese spread, paste or low fat spread
- ~ 2 plain biscuits e.g. Rich Tea, Ginger Snaps, Abbey Crunch
- ~ Low calorie soup and 2 crispbreads
- ~ 1 small packet low fat crisps
- ~ 1 small ice cream cone
- ~ 1 fun-size bar e.g. Milky Way, Mars
- ~ 1 choc ice
- ~ 1 two finger Kit Kat
- ~ 2 Jaffa Cakes
- ~ 1 caramel wafer biscuit
- ~ Low calorie bedtime drink e.g. Choc-o-mint, Ovaltine Light and one digestive biscuit
- ~ 1 fruity ice lolly e.g. Lyons Maid 'Orange Maid' and one piece of fruit
- ~ Pint of beer, lager or cider
- ~ 2 small pub measures of spirit e.g. Whisky, Vodka, Martini and low calorie mixer
- ~ 2 glasses of wine



BORDERS

Health Promotion Department
And
Department of Nutrition and Dietetic Services

HEALTHY MEAL PLANS FOR SLIMMERS



Jan 2002

DIET GUIDELINES

- ~ Choose a breakfast, light meal and a main meal. You can also have 1 snack per day to be eaten at any time.
- ~ Use up to $\frac{1}{2}$ pint (250ml) low fat milk e.g. Fresh 'n' Lo each day for tea, coffee etc. Milk included in the menu choices is extra to this amount.
- ~ The bread used in the meal suggestions is from a medium sliced loaf, preferably wholemeal, and can be toasted if wished.
- ~ Use a low fat spread e.g. Gold, Flora Light, instead of butter or margarine.
- ~ If you cannot manage without sugar, use an artificial sweetener instead e.g. Candarel, Hermesetas.
- ~ You can drink unlimited amounts of low calorie drinks e.g. water, mineral water, low calorie and diet drinks, Oxo, Bovril, tea, coffee (no sugar, keep within milk allowance).
- ~ Vegetables and salad vegetables may be eaten freely.
- ~ **MEN** should choose a breakfast, 2 light meals and a main meal each day. You can also have 2 snacks per day.

MAIN MEALS

continued

13. PASTA & TOMATO SAUCE

Boil 2oz (50g) pasta for 12 minutes, or until tender, drain. Meanwhile, in another pan, combine 1 small tin chopped tomatoes, small diced onion, 1 crushed clove of garlic, and a pinch of mixed herbs. Add other available vegetables e.g. courgettes, peppers and mushrooms. Cook for 10 minutes. Combine pasta and sauce and sprinkle with one teaspoon of grated parmesan cheese.

Plus 1 choc ice or one spoon of ice cream with kiwi fruit.

14. CHICKEN & SAUCE (serves 4)

4 chicken portions - skin removed, 1 tin 'cook in Sauce' e.g. sweet & sour, curry, chasseur - but not over 250 calories per tin/carton.

Cook chicken in sauce for 40 minutes. Boil 4oz(100g) brown rice for 20 minutes in a large pan. Add 1lb (400g) frozen stir fry vegetables to rice and bring back to boil. Cook for 4 more minutes. Drain rice and vegetable mixture and serve with chicken.

Plus one piece of fruit e.g. apple or banana.

LIGHT MEALS

continued

7. MEALS ON TOAST

1 slice of dry toast with one of the following:

- ~ 8oz (200g) tin baked beans
- ~ 2 rashers well grilled bacon
- ~ 2 poached or scrambled eggs (milk from allowance - no extra fat)
- ~ 7oz (175g) tin spaghetti in tomato sauce
- ~ 1 small tin sardines in brine with slices of tomato

Plus 2 pieces of fruit e.g. banana or orange or 1 harvest cereal bar.

8. BAKED POTATOES

Baked potato 7oz (175g) raw weight - no butter along with one of the following:

- ~ 5oz (125g) tin of baked beans
- ~ 1oz (25g) Edam or low fat cheddar cheese grated. Mix with chopped onion or chopped pineapple (tinned in natural juice)
- ~ 3oz (75g) cottage cheese - plain or flavoured
- ~ 4oz (100g) tub Shape calorie reduced coleslaw
- ~ 1 slice cold lean ham chopped, 1 tablespoon sweetcorn, 1 teaspoon pickle, chopped onion mixed together

Serve baked potatoes with salad vegetables.

Plus fresh fruit e.g. pear or diet yoghurt.

LIGHT MEALS

continued

9. 2 boiled corn on the cobs with 2 level teaspoons low fat spread.

Plus fruit e.g. whole grapefruit or large slice of melon.

10. 1 cooked chicken breast - skin removed, serve with bowl of mixed salad e.g. chopped lettuce and tomato / cucumber / celery / pepper . Carrot / radish mixed with 2 level teaspoons low calorie salad cream or oil free french dressing.

Plus 2 pieces of fruit or 1 Harvest Cereal bar.

11. SWEETCORN & CHICKEN SOUP (serves 2)

11½oz (300g) tin drained sweetcorn, 2oz (50g) cooked diced chicken, 1 teaspoon low fat spread, 1 pint (600ml) water, 1 small onion - diced, 2 teaspoons skimmed milk powder, seasoning.

Gently cook onions in margarine till soft. Add water, sweetcorn and milk powder. Simmer for 15 minutes. Liquidise. Add chicken, serve with 1 slice dry bread.

Plus 1 piece fruit e.g. apple.

SWAP - low calorie soup, fresh fruit and diet yoghurt e.g. Shape or Diet Ski all have the same calorie value. Therefore you can swap them.

MAIN MEALS

1. 5oz (125g) filled smoked haddock poached in water serve with green beans or cauliflower and 6oz (150g) boiled or baked potato.
Plus individual choc ice or 2 pieces fruit e.g. apple and orange.
2. 2 fishcakes or 3 breaded fish fingers or 1 breaded fish steak - grilled or microwaved, serve with peas or sweetcorn and 4oz (100g) oven chips or 6oz (150g) potatoes.
Plus fruit e.g. banana.
3. 1 packet frozen cod in sauce, serve with carrots or green beans and 6oz (150g) boiled or baked potatoes.
Plus 2 rings tinned pineapple in natural juice.
4. Omelette made with 2 eggs - cooked in a non-stick pan with 1 teaspoon of oil. Filled with chopped tomatoes or mushrooms, serve with mixed vegetables or brussel sprouts and 6oz (150g) boiled potatoes.
Plus diet yoghurt.
5. 3oz (75g) mince or stew (cooked weight), serve with carrot, turnip and a boiled onion and 4oz (100g) potatoes mashed with milk only.
Plus individual carton of 'Ambrosia' low fat rice pudding.
6. Any frozen meal up to 350 calories.
Plus fruit e.g. pear.

LIGHT MEALS

continued

5. **SANDWICHES**
2 slices bread or 1 roll with a scrape of low fat spread and one of these fillings:
 - ~ 1 large slice lean cold meat - any type
 - ~ 1 processed cheese slice or 'single'
 - ~ 1 banana
 - ~ 1 hard boiled egg - chopped and mixed with 2 level teaspoons low calorie salad cream and chopped spring onion or cress
 - ~ 1oz (25g) grated Edam or low fat cheddar e.g. Shape
 - ~ 1 small tin (3½oz, 90g) tuna in brine - drained and mixed with 2 level teaspoons low calorie salad cream, chopped onion and green pepper
 - ~ 2 teaspoons peanut butter
 - ~ 1 small jar (35g) pasteLettuce, tomato and cucumber may be added to the fillings if wished.
Plus fruit e.g. apple.
6. 7½oz (200g) tin macaroni cheese, served with vegetables e.g. tomato, beetroot, small tin of mushrooms in brine.
Plus fruit e.g. banana.

MAIN MEALS

continued

10. CAULIFLOWER CHEESE

Boil 8oz (200g) cauliflower for 6-8 minutes (3-4 minutes for frozen). Drain well and keep warm in an ovenproof dish. Blend 1 level tablespoon (15ml) cornflour $\frac{1}{4}$ pint (150ml) low fat milk. Bring to the boil in the saucepan, stirring all the time. Cook for 2 minutes. Add seasoning and $1\frac{1}{2}$ oz (40g) Edam or low fat cheddar cheese grated. Pour cheese over cauliflower and sprinkle on a further $\frac{1}{2}$ oz (15g) grated cheese. Place under hot grill until cheese melts and browns, serve with grilled tomatoes and beetroot.

Plus 1 diet yoghurt or Shape Fromage Frais

11. 2 grilled sausages or 2 grilled beefburgers, peas or brussel sprouts, 1 grilled potato waffle or 4oz (100g) boiled potatoes.

Plus tinned fruit in natural juice plus sugar free jelly.

12. SUNDAY LUNCH

3oz (75g) roast chicken, beef, pork or lamb - fat and skin removed, 2 tablespoons thin gravy, cabbage or brussel sprouts, 3oz (75g) roast potatoes or 6oz (150g) boiled potatoes.

Plus $\frac{1}{4}$ packet sugar free Angel Delight made with low fat milk or 2 pieces fruit.

BREAKFAST IDEAS

- 1oz (25g) cereal e.g. Branflakes, Cornflakes
3floz (75ml) low fat milk.
- Porridge (made with 1oz (25g) oats plus water) with 3floz (75ml) low fat milk.
- Small glass unsweetened fruit juice, 1 slice of bread or toast with a scraping of low fat spread plus level teaspoon marmalade.
- Diet yoghurt e.g. Shape 1 slice of bread or toast with 2 level teaspoons cheese spread or meat / fish paste.
- 1 slice of bread or toast with a small banana sliced on top.
- 1 slice of toast covered with 1 processed cheese 'single' - grill until cheese melts.
- 2 Wheetabix with 3floz (75ml) low fat milk.
- 1 roll with scraping of low fat spread.
- $\frac{1}{2}$ grapefruit, 3 crispbreads with 3 level teaspoons cheese spread or 1 cheese triangle plus tomato sliced on top.
- 1 egg poached or scrambled (milk from allowance, no extra fat) on top of 1 slice of dry toast.
- 1 boiled egg, 2 crispbreads with a scrape of low fat spread.
- 1 slice of toast with 1 rasher bacon (well grilled) plus 1 tomato (grilled without fat).

LIGHT MEALS

1. 1 small tin (10oz, 250g) vegetable type soup e.g. farmhouse, vegetable, minestrone, broth, lentil or a bowl of homemade soup, 1 slice of dry bread.

Plus 2 pieces of fruit e.g. apple and pear or 1 packet low fat crisps.
2. Tin or packet of low calorie soup, 2 slices of bread or 1 roll with a scrape of low fat spread and salad - lettuce, tomato and cucumber.

Plus diet yoghurt.
3. 1 roll - dry with a grilled beefburger and tomato and onion slices or a fried egg.

Plus fruit e.g orange or kiwi fruit.
4. Low calorie soup, 4 crispbread spread with one of the following:
 - ~ 1 mashed banana
 - ~ 4oz (100g) cottage cheese - plain or flavoured
 - ~ 1oz (25g) pate with slices of tomato
 - ~ 2 cheese triangles with slices of cucumberPlus fruit e.g. 3 plums or diet yoghurt

MAIN MEALS

continued

7. **STOVIES**

8oz (200g) potatoes, 1 small sliced onion, 1 stock cube, 2oz (50g) lean corned beef or cooked meat. Boil potatoes and onion with stock cube added. Drain and mash. Add cooked meat and mix well, serve with cabbage or carrot and turnip.

Plus fruit e.g. banana or Shape fromage frais.
8. **GRILLED MEAT**

Choose of the following - trim off visible fat and grill without any extra fat:
 - ~ 4oz (100g) raw weight, frying steak
 - ~ 5oz (125g) raw weight, pork chop
 - ~ 4oz (100g) raw weight, gammon steak and 1 ring of pineappleServe with peas or mixed vegetables and 6oz (150g) boiled or baked potatoes

Plus fruit e.g. apple or strawberries.
9. **SOUP AND SALAD**

Bowl of vegetable type soup e.g. broth, lentil, vegetable, 2 slices of lean cold meat e.g. boiled ham, corned beef, chopped pork, turkey breast, serve with a large portion of salad vegetables - lettuce, tomato, cucumber, pepper spring onion, beetroot.
Plus 2 level teaspoons of low calorie salad cream and 1 slice of bread with a scrape of low fat spread.¹³