DO YOU EAT THIS?

TRY SWITCHING TO THIS!

BREAKFAST

Cereal, whole milk and sugar Toast and butter Fried egg, bacon and sausage

Cereal and low fat milk Toast and low fat spread Roll and lean grilled bacon Wholemeal toast and marmalade

SNACK MEALS

Chips Pie and sausage roll

Biscuits

Fried beefburger and roll

Chips and a chocolate bar Crackers, cheese and butter Baked potato and beans Tuna salad roll

Soup and bread

Lean ham sandwich and fruit Crackers or crispbread, with

low fat cheese and tomato

MAIN MEALS

Fried fish fingers, peas and chips

Battered sweet and sour pork with fried rice

Quiche and coleslaw

Roast beef, Yorkshire pudding and roast potatoes

Grilled fish fingers, peas and baked potato Stir fried pork and vegetables

with boiled rice Pizza and salad

Roast beef, cabbage and boiled potatoes

PUDDINGS

Apple pie and cream

Instant whip made with

whole milk Ice cream and chocolate sauce

Gateau or cheesecake

Trifle

Sugar free instant whip made with low fat milk

Baked apple and raisins

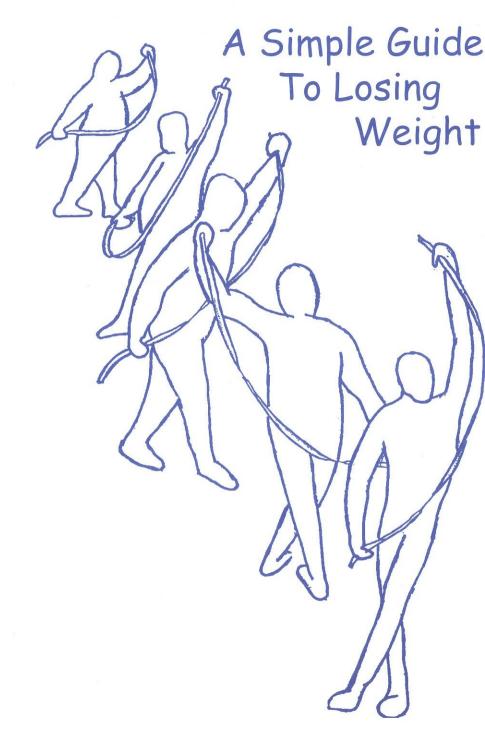
Ice cream and fruit in it's own

juice

Fresh fruit salad

Sugar free jelly with fruit





GETTING STARTED

booklet you will be able to lose weight surely and steadily.

weight you lose stays off.

snacks in between

filling.

start the day.

Hermesetas.

Many people manage to lose weight but find they always put it back

on again, which is very discouraging. You must be prepared to make some permanent changes to what you eat to make sure that the

Be realistic - a regular weight loss of 1-2 lbs per week is excellent.

You are more likely to keep the weight off than if you 'crash' diet.

CHANGES WHICH WILL HELP YOU

Eat enough at meal times so that you don't need any fattening

Bread, potatoes, rice and pasta are not fattening - so don't cut them out of your diet. The high fibre varieties are more

A high fibre breakfast cereal or porridge is a good way to

Eat plenty of fruit and vegetables. Have a piece of fresh

fruit or dried fruit when you would normally go for crisps,

Cut our sugar, especially from tea and coffee - use an

artificial sweetener if necessary, e.g. Candarel or

Tick off the suggestions as you make the changes.

sweets, chocolate, nuts or biscuits.

Use low calorie or diet drinks.

Losing weight can be simple, and by following the suggestions in this

If you usually have a pudding, why not have a diet yoghurt (e.g.

brand.

frying.

from your GP.

and worth trying.

Shape, Diet Ski) or fruit instead.

calorie mixers

Remember alcohol is fattening - try to drink less and use low

Change to low fat milk, e.g. Fresh 'n' Lo or supermarket own

Think about using a lower fat spread, e.g. 'light' versions of

Be careful with biscuits - one can lead to another.

spreads instead of butter or other margarines.

Whatever you spread on your bread, jam, marmalade, honey,

cheese spread, paste - spread it thinly.

Cut down on cheese and try the lower fat types, e.g. Edam,

extra hard with the last few points mentioned above.

you to lose weight. Exercise also makes you feel good because it can help to tonemuscles, improve posture, release tension and

protect the body from disease- for further guidance seek advice

Regular exercise such as brisk walking, swimming or cycling will help

Buy lean meat and cut off all the fat.

Try to avoid pastry, e.g. pies, quiche, fruit tarts. Grill, poach, steam, bake, boil or microwave food instead of

Brie, half fat cheddar. Cottage cheese is especially low in fat

Eat boiled or baked potatoes instead of chips.

Remember, foods high in fat are the most fattening, so try