

BREAKFAST

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

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
 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

Baked apple and raisins
 Sugar free instant whip made with low fat milk
 Ice cream and fruit in it's own juice
 Fresh fruit salad
 Sugar free jelly with fruit

Gateau or cheesecake
 Trifle

A Simple Guide To Losing Weight



GETTING STARTED

Losing weight can be simple, and by following the suggestions in this booklet you will be able to lose weight surely and steadily.

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 weight you lose stays off.

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

Tick off the suggestions as you make the changes.

- Eat enough at meal times so that you don't need any fattening snacks in between
- Bread, potatoes, rice and pasta are not fattening - so don't cut them out of your diet. The high fibre varieties are more filling.
- A high fibre breakfast cereal or porridge is a good way to start the day.
- Eat plenty of fruit and vegetables. Have a piece of fresh fruit or dried fruit when you would normally go for crisps, sweets, chocolate, nuts or biscuits.
- Use low calorie or diet drinks.
- Cut out sugar, especially from tea and coffee - use an artificial sweetener if necessary, e.g. Candarel or Hermesetas.

- Be careful with biscuits - one can lead to another.
- If you usually have a pudding, why not have a diet yoghurt (e.g. Shape, Diet Ski) or fruit instead.
- Remember alcohol is fattening - try to drink less and use low calorie mixers.
- Change to low fat milk, e.g. Fresh 'n' Lo or supermarket own brand.
- Think about using a lower fat spread, e.g. 'light' versions of spreads instead of butter or other margarines.
- Whatever you spread on your bread, jam, marmalade, honey, cheese spread, paste - spread it thinly.
- 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 frying.
- Cut down on cheese and try the lower fat types, e.g. Edam, Brie, half fat cheddar. Cottage cheese is especially low in fat and worth trying.
- Eat boiled or baked potatoes instead of chips.
- Remember, foods high in fat are the most fattening, so try extra hard with the last few points mentioned above.

Regular exercise such as brisk walking, swimming or cycling will help you to lose weight. Exercise also makes you feel good because it can help to tone muscles, improve posture, release tension and protect the body from disease - for further guidance seek advice from your GP.