

ENERGISE

By Activ8 Health & Fitness

COURSE BOOKLET



GET ACTIVE. LOSE WEIGHT. FEEL GREAT!

Getting Started

Weight Loss - Getting Started...

If people are overweight, it's usually because they eat and drink more calories than they need.

Did You Know?

One pound of fat contains 3,500 calories, so to lose one pound of fat a week you need to eat 500 less calories a day. If you ate 100 extra calories than you needed eat day by the end of the year you could have gained up to 11lb. 1 ½ plain digestive biscuits contains approximately 100 calories.

Did you know?

It takes 20 minutes for your brain to know your stomach is full, slow down your eating and enjoy your food.

500 calories per day energy deficit for an individual weighing 14 stone 7lbs		
Physical Activity / Exercise (30 minutes)	Food / Drink	Total Daily Calorie Saving
Walking easily – 222kcal	Ditch the chocolate digestives (84kcal) x 3 – Save 252kcal.	474kcal
Gardening (mowing) – 309kcal	Swap Toast (438kcal) with butter (150kcal) & jam (80kcal) for Shredded Wheat (426kcal) – Save 222kcal	531kcal
Swimming (crawl, slow) – 354kcal	Swap ½ Tesco Deep Pan Meat Feast Pizza (315kcal) for ½ Cheese & Tomato (233kcal) – Save 82kcal	436kcal
Walking briskly – 330kcal	Swap Gin & Tonic (120kcal) for Gin & Slimline Tonic (56kcal) x 3 – Save 192kcal	522kcal
Social dancing – 141kcal	Ditch the Guinness (210kcal) x 2 – Save 420kcal	561kcal
Golf – 234kcal	Ditch the Wine (119kcal) x 2 – Save 238kcal	472kcal
Table Tennis – 189kcal	Swap the sausage roll (360kcal) for a banana (100kcal) – Save 260kcal	449kcal
	Total Weekly Calorie Saving	3,445kcal

First of All...

Are you ready to change? Is it the right time to make changes to your lifestyle?

If the answer is yes, then follow these guidelines to help you start you journey:

- Learn about your eating patterns by keeping a food, mood and activity diary. In this diary record everything you eat drink, at what times and how you were feeling. By looking back over this you will be able to see how times, places, people and your mood affect food intake.
- Choose two or three small changes you can start with by writing an action plan with clear goals.
- Make a list of non-food related tasks that will distract you from thinking about eating use when you fancy a snack or because you're bored.

3 Small Changes for Next Week

1. _____

2. _____

3. _____

Non-Food Related Tasks:



Weight loss is not meant to be a sprint, it's a marathon

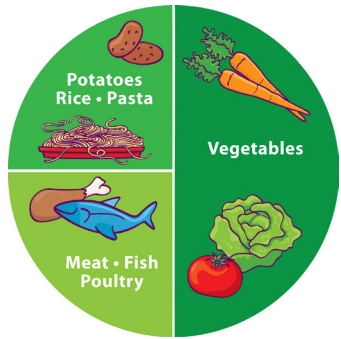
Accept the occasional slip up is normal. Get straight back on track. Don't let a slip make you lose sight of your overall goals and the progress you have made instead learn from it.



Following a Healthy Eating Plan:

Plan ahead to help ensure you have the right foods to hand, at the right times:

- Start the day with a healthy breakfast
- Eat three regular, balanced meals a day. Try to have meals at planned times during the day and only include snacks if you are physically hungry.
- Aim to eat more fruit & vegetables – recommendations are to include at least five portions of fruit and vegetables each day. 1 portion is about a handful.
- Half fill your plate with vegetables/ salad and divide the half between meat, fish, egg or beans and starchy foods like potatoes, rice, pasta or bread.
- Choose foods and drinks that are low in fat and sugar and limit sweet fatty and salty snacks.
- If you drink, moderate your alcohol intake. Alcohol is high in sugars.
- Watch your portion sizes especially when eating out.
- Avoid eating the same time as doing something else, for example when working, reading, or watching TV, as this can cause you to over eat.
- Eat slowly, aim to drink 8 glasses of fluid per day, choosing low calorie, non-caffeinated drinks.
- It is important not to 'diet' Diets are often extreme strict and nutritionally unbalanced.
- Listening to your body! It will tell you when it's hungry.



YOUR MEAL GUIDE	
You need to keep an eye on your portions to help you meet the calorie target for your daily meals.	
WOMEN (allowance 1,500kcal)	
• Breakfast: 300kcal	
• Lunch: 460kcal	
• Dinner: 460kcal	
• Other food & drink: 280kcal	
MEN (Allowance 2,000kcal)	
• Breakfast: 410kcal	
• Lunch: 600kcal	
• Dinner: 600kcal	
• Other food & drink: 390kcal	
If you eat more at breakfast or lunch you need to drop a snack later to stay on track.	



1575 Kcal
High Energy Density

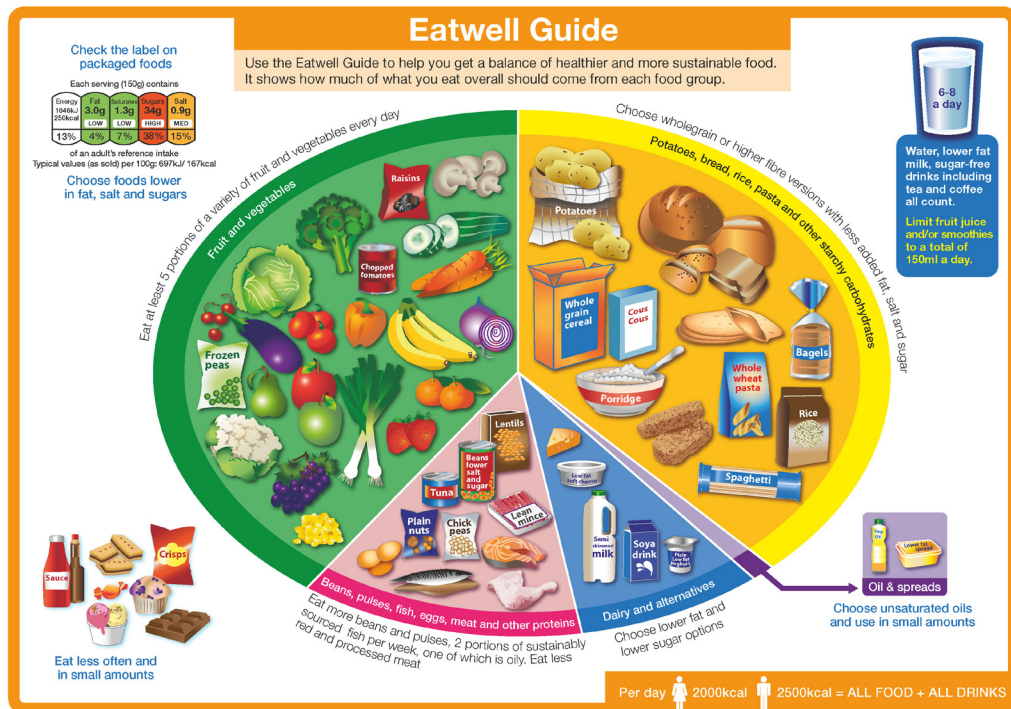


1575 Kcal
Low Energy Density

Used with permission from Dr Barbara Rolls, Penn State University

The Eatwell Plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

Fruit & Vegetables

What Counts?

- Fresh
- Frozen
- Canned (in natural juices)
- Dried
- 100% fruit or vegetable juice (not from concentrate)
- Pure fruit smoothies

Any vegetables are fine, as are most fruits, but note the following:

- Avocado pears are high in monounsaturated (good) fats but high in calories. Have as a salad garnish only once a week at the most and half an avocado occasionally as a special treat.
- Dried fruits are quite concentrated in natural sugar so have only one portion of these a day.
- Fruit juice and smoothies are nourishing but quite concentrated in calories.
- Keep to only one portion of unsweetened fruit juice or pure fruit smoothie – a small glass – a day.
- Avoid sugary squash or fruit juice drinks which have added sugar.
- Tinned fruit and vegetables can be included in your 5-a-day but make sure fruit is in natural juice, and vegetables are in water without sugar or salt added where possible.

Tips

- Choose fruit or chopped vegetables as a snack
- Add fresh or dried fruit to breakfast cereals
- Add salad to you sandwiches
- Add vegetables to casseroles and stews and fruit to desserts
- Eat a wide range of fruit and vegetables to benefit from as many vitamins and minerals as possible



Portion Guide

Fruit & Vegetables - 1 Portion = 80g

Women 7 or more portions per day

Men 8 or more portions per day

Type of Fruit/Vegetable	1 Portion Equals...
Vegetables e.g. cauliflower, cabbage, peas, carrots, mushrooms, tomatoes, leeks, swede, courgettes, broccoli, French beans, peppers	Three heaped tablespoons
Salad – mixed green e.g. lettuce, cucumber, onion, pepper	One dessert bowl
Whole fresh fruits e.g. apple, pear, orange, banana, peach	One fruit
Medium fruits e.g. satsumas, plums, apricots, tomatoes	Two fruits
Small fruits e.g. grapes, berries, cherries, lychees, cherry tomatoes	One handful
Large fruits e.g. melon, pineapple	One slice
Tinned fruit in natural juice e.g. peaches, pineapple, raspberries, pears	Three heaped tablespoons
Stewed fruit e.g. apple, rhubarb, cherries	Three heaped tablespoons
Dried fruit e.g. raisins (maximum one portion per day)	One heaped tablespoon
Fruit juice (maximum one per day)	One small glass or small carton (150ml)



Bread, Rice, Potato, Pasta and Other Starchy Foods

What Counts?

- Bread (wholemeal and wholegrain varieties are best)
- Potatoes (including low fat oven chips)
- Yams
- Breakfast cereals (unsweetened ones are best) & oats
- Pasta (wholemeal is best)
- Rice (brown, Basmati rice is best)
- Noodles
- Maize
- Millet
- Cornmeal

Make sure you eat enough foods from the 'Bread, rice, potatoes, pasta and other starchy foods' group. These starchy foods were once thought to be fattening. In fact, they're not! They are filling but don't contain too many calories – unless you add fat to them. If you add fat – such as spread on bread, oil on pasta, butter on your baked potato, or oil to fry your plantain in – remember that these amounts of fat come from your portion allowance in the 'Spreading fats and oils' section.

Tips

- Wholemeal or wholegrain breads, pasta and cereals contain more fibre than their white counterparts, which is slower to digest and keeps you feeling fuller
- Low fat oven chips can be included but deep fried chips would be classed as "Foods containing fat"



Portion Guide

Bread, Rice, Potatoes, Pasta & Other Starchy Foods

Women – 7 portions per day

Men – 8 portions per day

Type of Carbohydrate	1 Portion Equals...
Breakfast cereal e.g. porridge	Three tablespoons (30g)
Muesli	Two tablespoons (30g)
Shredded wheat	One
Weetabix	One
Bread or toast	One large slice
Bread bun or roll	Half a large
Pitta bread	One mini or picnic size or half a normal size
Chappati	One small
Crackers / Ryvita's	Three
Ryvita mini's	Small packet
Crispbreads	Four
Plain naan bread	One small
Rice, plain boiled	Two heaped tablespoons
Sweet Potatoes, boiled	Two egg-sized pieces or a 1 ½ inch thick slice, 100g (3 ½ ounces)
Plantain, steamed	One medium-sized
Pasta, plain, boiled	Three heaped tablespoons
Egg noodles, boiled	Three heaped tablespoons
Potatoes	Two egg-sized
Bagel, plain or cinnamon and raisin	Half
Crumpet	One
Scone plain/fruit	Half
Teacake	Half
English muffin	Half
Malt loaf	1 small slice (35g)

Meat, Fish and Alternatives

What Counts?

- Meat – fresh or frozen
- Fish – fresh, frozen or tinned
- Poultry – fresh or frozen
- Eggs
- Beans – dried or tinned
- Pulses e.g. lentils
- Tofu
- Nuts

Tips

- Have red meat but keep it lean and make a little go a long way by using vegetables and beans to bulk out the dish e.g. casseroles, curry, chilly, stir-fries.
- Trim visible fat off meat where possible and drain off fat after cooking.
- Aim to include oily fish in your diet. Try to have two portions of fish a week and make one of these oily fish e.g. salmon, mackerel, trout, sardines, tuna (oily fish contains omega 3 which helps lower cholesterol).
- Have eggs! Not fried, but poached or boiled. There is no recommended limit to the number of eggs a week. One portion of foods higher in cholesterol per day – such as eggs, prawns or liver – is fine if you normally eat these foods.
- Vegetarian alternatives to meat and fish, such as soya and beans or lentils, are nutritious, tasty and much cheaper.
- Nuts are also a good source of protein for vegetarians but their fat content makes them high in calories so watch the portion size.

Unsalted Nuts Portion Sizes



Portion Guide

Meat, Fish, Eggs, Beans & Other Non-Dairy Sources of Protein

Women – 2 portions per day

Men – 3 portions per day

Type of Protein	1 Portion Equals...
Cooked lean meat such as beef, pork, ham, lamb, chicken (without skin and all visible fat removed)	Three slices (an amount the size of a pack of playing cards), 100g raw-75g cooked.
Fish – white (cooked)	150g (5oz)
Fish – oily	140g (4 ½ oz)
Fish Fingers	Three
Eggs (medium)	Two
Baked beans in tomato sauce (low sugar and low salt if possible)	One small tin (200g) or half a large tin
Lentils	Four tablespoons, cooked
Beans e.g. red kidney beans, butter beans, chick peas	Four tablespoons, cooked
Nuts, peanut butter (unsalted)	Two level tablespoons
Quorn, tofu or soya	120g (4oz)



Milk and Dairy Foods

What Counts?

- Milk (Semi-skimmed or skimmed is best)
- Yoghurt
- Fromage frais
- Cheese
- Soya alternatives fortified with calcium

Tips

- Semi-skimmed milk is great, skimmed is even better.
- Choose low-fat but remember that low-fat yoghurts aren't always low-sugar or low-calorie!
- Read the labels as some low fat yoghurts contain Aspartame - When methyl alcohol, a component of aspartame enters your body it turns into formaldehyde. Formaldehyde is toxic and carcinogenic (cancer – causing).
- Choose fromage frais and choose the very low-fat type.
- Use small amounts of strong mature cheeses in sandwiches and cooking to make a little go a long way and look for lower fat options.



Portion Guide

Milk & Dairy Foods - 2 Portions Per Day

Type of Dairy	1 Portion Equals...
Milk (semi-skimmed or skimmed)	One medium glass, 200ml (1/3 pint)
Yoghurt – low fat and low sugar	One small pot, 150g (5oz)
Cheese – preferably lower fat varieties e.g. Brie, Camembert, Edam, reduced-fat cheddar, smoked Austrian)	One matchbox size, 30g (1oz)
Cream cheese – reduced or low fat varieties	The size of two small matchboxes, 80g (3oz)
Low-fat cottage cheese	One large pot, 200g (8oz)
Fromage frais	One small pot, 150g (5oz)

Foods Containing Fat and Food/Drinks Containing Sugar

What Counts?

- Spreading fats, oils, dressings and sauces
- Butter, margarine, lower fat spreads
- Lard and cooking oils
- Mayonnaise
- Salad cream
- Gravy & rich sauces

High fat / High sugar foods and alcohol

- Cream
- Fried food
- Chocolate
- Crisps
- Biscuits
- Pastries
- Cake
- Puddings
- Ice-cream
- Sugar
- Jam, marmalade & honey
- Drinks with added sugar
- Sweets



Tips

- Use cornflour to thicken cooking sauces or gravies for meat or fish, so you won't need fat.
- Have mixed salads with low-calorie salad dressings rather than mayonnaise and oily dressings.
- Oil is better than lard for cooking but is still calorie-rich, so use as little as you can get away with.
- Have bread-based pizza or bagels with low-fat cream cheese instead of fat-laden savoury pastries like sausage rolls and quiche.
- Compare the labels of different savoury snacks such as potato crisps, tortilla chips and maize-curls. However, fruit will always be lower in fat and far more nutritious than any packet of crisps.

Spreading Fats

- In terms of fat there are two things to remember. First, reduce the total amount of fat you eat. Second, use the right kinds of fats.
- Remember that butter and margarine contain the same amount of fat and calories.
- Read the labels and be aware of any margarine that contain Hydrogenated Vegetable oil this is a man made fat and is worse than saturated.

Sugar

- Sugar can add a lot of calories to your diet, especially if you have sugary drinks. Try to wean yourself off sugar, or if you really need the sweet taste, try artificial /natural sweeteners instead (without aspartame in).

Portion Guide

Spreading Fats, Oils, Dressings & Sauces - 3 Portions Per Day

Type of Fat, Dressing, Oil, Sauce	1 Portion Equals...
Low-fat spread	Two teaspoons
Oil (unsaturated oils, e.g. olive, rapeseed, sunflower, corn)	One teaspoon
Butter, margarine or ghee	One teaspoon
Mayonnaise	One teaspoon
Low-calorie mayonnaise	Two teaspoons
Blue cheese dressing	One teaspoon
Salad cream	One tablespoon
Low-calorie salad cream	Two tablespoons
Gravy or white sauce made with fat and flour base (roux)	One tablespoon
Gravy or white sauce (made with cornflour, no fat added)	Four tablespoons

High-Fat/High-Sugar Foods & Alcohol

Women – maximum of 100kcal per day

Men – maximum of 200kcal per day

Type of Food/Drink	1 Portion Equals...	Calories
Sugar	One teaspoon	16kcal
Jam	One teaspoon	25kcal
Double cream	Two teaspoons	44kcal
Single cream	Five teaspoons	46kcal
Spirits	One measure (25ml)	56kcal
Ice cream, e.g. vanilla	One small scoop	100kcal
Biscuits, plain	Two	100kcal
Sweets	One small tube or bag	100kcal
Glass of wine	125ml	100kcal
Slice of cake	One small slice (50g)	150kcal
Crisps	One small packet (25g)	150kcal
Lager, beer or cider (4%)	Half a pint	125kcal
Mini pork pie	One	200kcal
Quiche / tart	One quarter (small)	250kcal
Chocolate bar	One	250kcal
Danish pastry	One	400kcal

Portion Control

Portion Distortion

No matter how healthily you eat, you can still put weight on if you're eating too much.

Food portion sizes are far bigger now than they were 30 years ago, which means we are consuming a lot more calories than we realise.

Do We Know What Makes a Normal Portion?

Regain some portion control with these 5 tips:

1. Eat with smaller plates and bowls. The average size dinner plate should be 9" is yours?
2. Eat slowly. It takes about 20 minutes for your stomach to tell you're full. When you eat fast, it's easy to overeat.
3. Turn off the TV. Eating in front of the TV can mean you eat more without noticing or enjoying your food.
4. Aim to feel satisfied, not stuffed.
5. Use the eatwell plate to help you get the balance right.

Bigger
snacks
mean
bigger
slacks!



Recipe Inspiration

The Change4Life Meal Mixer tool has over 120 easy, calorie – counted recipes for all your meals and snacks. You can download them and email yourself a shopping list of ingredients. nhs.uk/c4lrecipefinder

Portion Sizes

30 Years Ago

Today

Bagel



3-inch diameter
140 calories



5-6-inch diameter
350 calories

Popcorn



5 cups
270 calories



Tub
630 calories

Beef Burger



333 calories



590 calories

Fizzy Drink



Original 8-ounce bottle
97 calories



20-ounce bottle
242 calories

Portion Control

Small changes, big benefits

Swap				For				Save			
Product	Calories	Fat	Sugar	Product	Calories	Fat	Sugar	Calories	Fat	Sugar	
Muller Fruit Corner Strawberry (150g)	168	5.7	22.4	Muller Light Strawberry Yoghurt (175g)	89.3	0.2	12.4	78.7	5.5	10	
Macdonalds Big Mac	490	24	8	Macdonalds Hamburger	250	8	8	240	16	0	
Macdonalds Large Fries	460	23	-	Macdonalds Small Fries	230	11	-	230	12	-	
Macdonalds Strawberry Milkshake (Large)	380	7	62	Diet Coke (Large)	5	0	0	375	7	62	
Tesco Whole Milk (200ml)	128	7.1	-	Tesco Skimmed Milk (200ml)	73	0.6	-	55	6.5	-	
Patak's Mild Korma (100g)	169	14	-	Patak's Medium Rogan Josh (100g)	64	3.4	-	105	10.6	-	
Cathedral City Mature Cheddar (100g)	416	34.9	-	Cathedral City Mature Lighter (100g)	311	21.8	-	105	13.1	-	
Flora Original (10g)	40	4.5	-	Flora Light (10g)	28	3	-	12	1.5	-	
McCoy's Salted (32g)	170	10.2	0.1	Snack a Jacks Crunchy Curlys - Sweet Chilli Kick (18g)	72	1.3	1.2	98	8.9	-1.1	
Total	2421	130.4	92.5		1122.3	49.3	21.6	1298.7	81.1	70.9	

Portion Swap

We were all brought up to finish the food on our plates, but sometimes it's more than we really need. These days larger portion sizes are also more readily available, which does mean that it's very easy to eat too much.

It can also be easy to eat food that contains too much fat and sugar. So we can eat more calories than we need, without even realising we're doing it.

Try these tips to avoid accidentally eating too many calories - sticking to these simple changes will help you towards a healthy weight.

Top Tips - Ideas for Smaller Portions

Share packaged foods

Many foods and drinks are packaged for sharing, so if you're eating by yourself avoid temptation and save some for later. Put snacks in a bowl and put the rest away and you're likely to eat less.

Eat a little slower

It takes time for our brains to register we're full, so try to eat more slowly. If you're eating with friends or family try pacing yourself to the slowest eater.

Focus on your food

Eating distractedly, such as in front of the TV, means we eat more without noticing or even enjoying it. Swap the TV for the table.

Aim to feel satisfied, not stuffed

Try eating just one plate of food and don't go back for seconds.

Super start your day

Don't be tempted to skip breakfast, even if you're trying to lose weight. If you have a healthy breakfast in the morning you're less likely to want to snack before lunch.

Mix and match

If you know you'll be having a proper dinner later, keep an eye on the calories by having a lighter lunch.

Pack it in

Plan ahead and try to take a packed lunch to work or when you are out and about. It can work out cheaper.

Spot the difference

Swap a big dinner plate for a smaller one and you'll have a smaller portion. It will also look as if you have more food on your plate too.

Max your pocket, not your drink!

Extra large whole milk lattes or cappuccinos may seem like value for money, but they also contain more calories. Try swapping for a regular size coffee made with lower fat milk – less calories (and it'll save you money).

Veg-tastic

Try filling up with fruit and vegetables instead of food that's high in fat or sugar. Aim for about one-third of your plate to be veg. Or swap 1 large meal for a smaller meal, with fruit for dessert.

Portion Swap

Top Tips to Get Your 5 Portions of Fruit and Veg a Day

Open one

Canned fruit and veg count too. Choose canned fruit in unsweetened natural juice and vegetables in water.

Defrost one

Frozen fruit and veg count, it only takes a couple of minutes to microwave some frozen peas for your omelette.

Drink one

One 150ml glass of 100% unsweetened fruit or vegetable juice can count as a portion (but remember only 1 glass counts).

Sprinkle one

Try sprinkling pepper, onion, mushroom, sweetcorn or pineapple chunks on top of a thin-based pizza.

Breakfast one

Add fruit to cereal, porridge or lower fat yoghurt – a handful of berries or a chopped banana is lovely.

Lunch one

Add some crunch to your sandwiches with cucumber, grated carrot or tomato, and have a piece of fruit.

Pulse one

Add beans, lentils and pulses to stews, bakes and salads – remember, only 1 of your 5 A DAY can come from pulses.

Side-dish one

Have a salad or veg with your main meal. If it's roast dinner make sure you've got some carrots or broccoli on your plate.

Add one

For an easy way to your 5 A DAY, add canned, frozen or fresh veg to your meals to make them even tastier:

- Add chopped carrots to spag bol
- Add red peppers to a pasta sauce
- Mix peas into your mashed potato

Dip one

Dunk veg in lower fat dip, lower fat cheese spread or salsa - sticks of cucumber, peppers, carrots or even cauliflower are delicious.

An Example of a Day's Eating Plan Based on a 1,500 Calorie a Day Diet

Food Groups												
Meals			Fruit & Veg	Potatoes, rice, cereals, bread, pasta and other starch foods	Milk and dairy foods	Meat, fish, eggs, beans and other non-dairy sources of protein	Spreading fats, oils, dressings and sauces	Foods and drinks high in fat and/or sugar. Alcoholic drinks.				
For 1,500 calories			7 or more	7	2	2	3	Up to 100kcal				
Breakfast	Bran flakes		6 tablespoons									
	Semi-skimmed milk		200ml		1							
	Small fruit juice			1								
	Cup of tea, milk, no sugar											
Snack	Coffee, milk, no sugar											
	Apple			1								
Lunch	2 slices of bread											
	Low fat spread		2 teaspoons				1					
	Tinned tuna		140g			1						
	Mixed salad			1								
	Small sliced malt loaf				1							
Snack	Cup of tea, milk, no sugar											
	Glass of water											
Dinner	Rice (boiled)		4 large tablespoons									
	Small chicken breast (no skin)					1						
	Sauce made with olive oil, onions, tomato & mushrooms			1			1					
	Carrots			1								
	Broccoli			1								
	Peach			1								
	Glass of wine		125ml									
Milk in tea/coffee throughout the day			200ml		1			100 calories				
Total				7	7	2	2	100 calories				

* Food Diary Activity – Using your week 1 food diary complete the portion breakdown columns from yesterday's diary.

Healthier Meal Ideas

Eating healthily doesn't necessarily mean spending ages preparing meals. Try these quick and easy ideas.

Breakfasts

- Wholemeal toast with low fat spread and reduced sugar jam
- High fibre cereal, e.g. Weetabix, Branflakes with low fat milk
- Fresh fruit, low fat yoghurt and toast
- Fruit plus bread roll with low fat spread
- Beans on toast
- Tinned tomatoes on toast
- Poached egg on toast
- "Grill up" scrambled egg, grilled tomatoes, mushrooms, low fat sausages, low fat bacon plus bread and low fat spread (but not every day!)
- Boiled egg with toast fingers
- Bagel with low fat cream cheese

Light Meals

- Tinned or homemade soup with crusty bread (check label on tinned soup as it can be high in salt and sugar)
 - Beans, boiled egg on toast
 - Sardines, pilchards on toast
 - Sandwich; Bread roll, ½ baguette, crispbreads, crackers or bagel with:- Hard boiled egg, lean meat, poultry, tuna, low fat cheese, cottage cheese
- Don't forget to add salad!**
- Jacket Potato with Chilli, beans, low fat cheese, Cottage cheese or baked beans
 - Pitta bread filled with:- lean ham and low fat coleslaw, tuna and sweetcorn with a little low fat mayonnaise, spicy chicken and salad, coronation chicken (low fat mayonnaise small quantities only)

Main Meals

- Lean mince, mashed potatoes and vegetables
- Lean meat casserole, boiled potatoes and vegetables
- French bread pizza with salad
- Grilled chop, jacket potato and vegetables
- Lean chicken breast (no skin), boiled potatoes and vegetables
- Grilled fish fingers, small portion of oven chips and baked beans
- Bolognese sauce, spaghetti and salad
- Lasagne and a large green salad - caution lasagne can be high in fat - choose low fat version
- Omelette with salad, bread roll and low fat spread
- Stir fry chicken breast and vegetables with noodles and soy sauce
- Chilli con carne with boiled rice
- Curry with boiled rice (add extra vegetables to the sauce such as mushrooms, peppers, courgettes, carrot, cauliflower)
- Salmon risotto with large mixed salad
- Pasta shapes with low fat bacon in tomato based sauce

Healthier Meal Ideas

Snack Ideas

The following snack ideas are relatively low in calories therefore could be used as snack foods when hungry.

- Fresh fruit
- Tinned fruit in natural juice
- Sugar free jelly
- Raw vegetables sticks with salsa dip
- Rich tea biscuits
- Slim a soups (be aware, can contain high salt)
- Low calorie hot chocolate
- Bread sticks
- Crispbreads
- Rice cakes
- Fruit salad in unsweetened orange juice
- Sugar free mousse made with skimmed milk
- Ritz crackers
- Plain ice lollies (or make your own with sugar free squash)

Higher Calorie Snacks

- Low fat crisps / quavers, wotsits
- Fun size chocolate bars
- Low fat ice cream
- Digestive biscuits
- Jaffa cakes
- Crumpets
- Toasted teacakes
- Toast
- Cup a soups

Please keep in mind that all snack foods will provide extra calories so don't over indulge.

Cooking Tips

Changing from high fat cooking ingredients to lower fat alternatives can cut the fat and calories in your meal thus helping you to lose weight.

- Drain away excess fat before serving food
- Choose low fat foods whenever possible
- Buy lean meat and trim the fat
- Try not to add any extra fat to meat
- Don't add butter to mashed potatoes, a splash of low fat milk should do
- Bake, grill or steam instead of frying
- Use Greek yoghurt instead of cream or crème fraiche, or try low fat yoghurt or fromage frais for an even lower alternative
- When stir frying use a non stick wok so you don't have to use much oil
- Try not to overcook vegetables, it can destroy the vitamins in them
- Don't use fat from meat to make gravy

Menu Planning: Save Time in the Kitchen

Menu planning doesn't have to be complicated. A small investment of time can reap great rewards:

A menu plan saves money. Reducing trips to the supermarket, a menu plan reduces impulse spending. Using leftovers efficiently cuts food waste, while planned buying in bulk makes it easy to stockpile freezer meals at reduced prices.

A menu plan saves time. No dash to the neighbours for a missing ingredient, no frantic searches through the freezer for something, anything to thaw for dinner.

A menu plan improves nutrition. Without the daily dash to the supermarket, there's time to prepare side dishes and salads to complement the main dish, increasing the family's consumption of fruits and vegetables.

Follow these tips to put the power of menu and meal planning to work for you:

Menu Planning Basics

Here's the overview of the process:

- **Scan** the food ads for specials and sales. Rough out a draft menu plan: seven dinner entrees that can be made from weekly specials, side dishes and salads.
- **Wander** to pantry and refrigerator to check for any of last week's purchases that are languishing beneath wilting lettuce or hardening tortillas. Check for draft recipe ingredients. Review your shopping list and note needed items.
- **Post** the menu plan on the refrigerator door. Refer to it during the coming week as you prepare meals.

Change Is Possible



=



IT'S YOUR CHOICE!



=



CHANGE IS POSSIBLE, THE BODY ACHIEVES WHAT THE MIND BELIEVES

If you do what you've always done you get what you've already got. That means if you want something different you have got to change. Change is not difficult, just different not the way you've been programmed!

The brain is very powerful and operates both "consciously" and "unconsciously". On a conscious level we can process 7 pieces of information at the any time. Some of this has to be environmental, comfort, temperature etc. the rest is your own thoughts (internal) and outside communication (external).

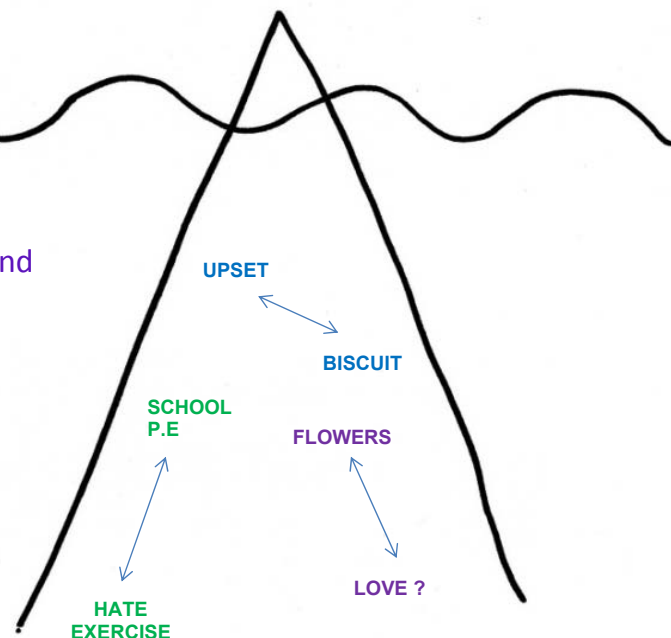
This is the case for all of your body, not just externally but your inner physiological workings are under unconscious control; via a complex system of feedback your heart knows how often to beat, your lungs know at which rate to breathe, your kidneys know how to adapt to achieve correct blood pressure and blood Ph., and numerous other functions.

If you think of your MIND as a huge iceberg, and only the top peeps out from above the water line, then your conscious mind would be that small peak, and the body of it under the water is your unconscious. Your unconscious represents approximately 90-95% of your thinking processing.

2 Minds

Conscious Mind

Unconscious Mind



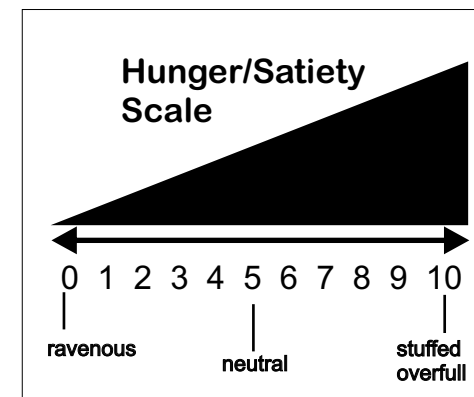
Hunger/Satiety Scale

This is a tool which will help you to increase your awareness of eating, hunger, satiety and fullness. It will also help you to learn to understand, trust and use your body's signals to determine when and how much to eat.

How to Use the Scale

Reading along the bottom of the scale, you will rate your level of hunger / fullness based on how you feel at the time. The following descriptions represent how you are feeling:

0. Ravenously hungry.
1. Feel like ordering everything on the menu.
2. Preoccupied with hunger, everything on the menu looks good.
3. Feel hungry and the urge to eat is strong.
4. Feel a little hungry. Can wait to eat.
5. Neutral. Not hungry. Not full.
6. Sense food in your belly. Could eat more.
7. Hunger is gone. If you stop here you may not feel hungry for 3-4 hours.
8. Not uncomfortable, definitely full belly.
9. Moving into uncomfortable.
10. Very uncomfortable, maybe even painful.



- What level would you rate yourself if you feel hungry and the urge to eat is strong? _____.
- What level would you rate yourself when the hunger is gone? _____.

Fullness Factors

Fullness factors are biological and environmental. Learning to recognise and understand these factors can make it easier to trust your body and feel your fullness.

Time between meals and snacks has a direct bearing on the amount of food still in your stomach and, thus how much food it takes for you to feel full.

The kind of food influences fullness. Foods high in protein and fibre take longer to digest so you feel full longer. High fibre foods tend to slow the pace of eating and add bulk. For example, eating an apple takes longer and provides more bulk than drinking a glass of apple juice.

List foods high in Fibre?

-
-
-
-

List foods high in Protein?

-
-
-
-

Social Settings influence amount eaten and speed eating. Eating with others usually increases the length of a meal. Some people eat more on weekends. Some people eat less in social settings because they feel like someone may be 'watching'.

Here are some steps to increase attention to your hunger and fullness.

1. Pause for a time out throughout a meal or snack. Ask yourself:-
 - Does this food still taste good?
 - Do I want more?
 - Am I still hungry?
 - Have I reached 7 on the hunger scale?
2. Once you have finished eating, see where you are on the fullness scale. Over time, you will be able to identify when to stop eating before you are overfull.

Physical Activity

Physical Activity

This week we are going to try to increase your activity levels to help you support your weight loss.

Did you know that the average person watches 3 hours of TV a day, who says we don't have time for exercise!!

DUST OFF THOSE TRAINERS

Evidence shows that people who combine regular physical activity with reducing calorie intake are more successful at losing weight and keeping it off.

This may seem daunting to some as we are all not naturally sporty. Start off small by finding ways to fit more activity into your daily life and build up from there.

- Try getting off the bus one stop early and walking the rest of the way.
- Taking the stairs instead of the lift
- Parking your car at furthest parking space away from the shops
- Surprise your dog by taking them for a walk twice a day.
- Get up and move during the commercial breaks, tidy up, empty dishwasher, or duster.

Your target is 150 minutes of moderate intensity of aerobic activity each week.

Moderate intensity aerobic activity means you've exercising enough to raise your heart rate and break a sweat. You're working hard enough if you can still talk but can't sing the words to a song during activity.



You're goals for this week:

- Get Active – try to get 150 minutes of physical activity every week from now on. If you have not done much for a while try to increase it gradually over the next few weeks.
- Plan when and where you are going to exercise and write it down
- Stick to your portions/ calorie intake

Walk more with a pedometer

Pedometers, which can cost as little as £4, are fun way to keep track of your walking and help you increase your activity levels gradually.

2000 steps equates to walking 1 mile

10,000 steps equates to walking 5 miles



Before You Start, Plan!

Think about whether you need new trainers, where and on which days you're going to exercise, and when in the day you can fit it in. A little preparation can mean the difference between getting going and making excuses not to bother.

You may feel a little bit hungrier as you step up your activity levels, this is normal but be careful how you refuel as post exercise snacks can be high in calories.

Take Action, Plan Now

What exercise are you going to start doing?	
When:	Time:
When you get home, put it in your diary or on your calendar so that it's just as important as all your weekly appointments.	

Burger King Bacon Double Cheeseburger

620 calories and 28 grams of fat. Get out your bathing suit and hop in the pool for some swimming. Like back stroke? You'll just have to swim 2.18 hours of back stroke to burn off the 620 calories. We suggest a wet suit and nose plugs.



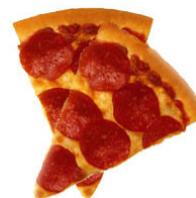
Walk Off The Weight

30 minute sessions of brisk walking a week	63 kg 10 st		76 kg 12 st		88 kg 14 st		101 kg 16 st	
	kcal a week	lb fat a year	kcal a week	lb fat a year	kcal a week	lb fat a year	kcal a week	lb fat a year
1	160	3	190	3	222	3	255	4
3	480	7	570	9	666	10	765	12
5	800	12	950	14	1110	17	1275	19
7	1120	17	1330	20	1554	23	1785	27

Calories Used for Selected Activities

30 minutes of activity	71 kg 11 st 3	80 kg 12 st 9	92 kg 14 st 7	98 kg 15 st 6
	Calories used	Calories used	Calories used	Calories used
Sitting	45	51	57	63
Standing	54	60	69	75
Cleaning	132	150	171	183
Cooking	96	108	123	132
Shopping	132	150	171	183
Scrubbing	231	261	300	321
Digging	309	348	399	426
Painting	165	177	213	225
Cycling 5.5mph	135	153	177	426
Cycling 9.4mph	213	240	276	294
Running 11.5 min/mile	276	327	375	399
Running 9 min/mile	411	462	534	567
Swimming crawl slow	273	294	354	375
Swimming crawl fast	333	375	432	459
Walking easily	171	192	222	234
Walking briskly	255	288	330	353
Weight training	246	279	318	342
Badminton	207	234	267	285
Social dancing	108	123	141	150
Gardening - mowing	228	270	309	330
Gardening - raking	114	129	150	159
Golf	180	204	234	249
Table tennis	144	162	189	201
Tennis	231	261	300	321

CALORIE SHOWDOWN



2 large slices
pepperoni pizza

560 calories



65 minutes of
moderate cycling



28 tortilla crisps

560 calories



57 minutes of
Zumba



1 can of Coca-Cola

140 calories



23 minutes of
walking (4 mph)



10 mini sausage rolls

490 calories



59 minutes of
Birkram Yoga



4 double stuffed Oreos

280 calories



1.3 hours of weight
lifting



1 Twix Bar

280 calories



23 minutes of
running (6 mph)



1 Starbucks Grande
Mocha (semi skim milk)

335 calories



38 minutes of high
impact aerobics

APPROXIMATE NUMBER OF MINUTES TO BURN 500 CALORIES							
BODY WEIGHT	8 st 5	10 st 0	11 st 4	12 st 8	14 st 2	15 st 7	17 st 1
Aquaerobics	131	113	99	88	79	72	66
Boot camp class	78	63	52	45	39	35	31
Boxing heavy bag	66	57	49	44	40	36	33
Cross country skiing	56	48	42	38	34	31	28
Cycling - outdoor	75	64	56	50	45	41	38
Cycling - Spinning	53	45	39	35	32	29	26
Ice Skating	75	64	56	50	45	41	38
Jogging 6.5 miles/hour	53	45	40	35	32	29	26
Martial arts	53	45	39	35	32	29	26
Pilates	150	129	113	100	90	82	75
Racquetball	61	53	46	41	37	33	31
Rollerblading	75	64	56	50	45	41	38
Rowing	66	56	49	44	39	36	33
Running-interval sprints	24	21	18	16	14	13	12
Strength training - maximum rest	110	94	82	73	66	60	55
Strength training - minimal rest	64	55	48	43	38	35	32
Swimming laps	71	61	53	47	42	39	35
Walking 3.5 miles/hour	107	92	80	71	64	58	53
Yoga	210	180	158	140	126	115	105
Zumba	67	57	50	44	40	36	33

Fats

Fats: The Good, The Bad, The Ugly

Most people know that we should be cutting down on fat. But did you know it's even more important to try to replace the saturated fat we eat with unsaturated fat?

We Need Some Fat

Fat is an essential part of a healthy diet. Fat helps the body absorb some vitamins; it's a good source of energy and a source of the essential fatty acids that the body can't make itself.

However, high intakes of fat are linked to many health problems and obesity. Controlling fat in the diet is one of the best ways to help you lose weight.

Pure fat contains 9 calories per gram - which is high!

Guidelines Daily Amounts

Gender	Calories	Fat	Saturates	Sugar
Female	2000	70g	20g	30g
Male	2500	95g	30g	30g

Unsaturated Fats - The Good

Unsaturated fats are the healthy choice, they help to reduce total blood cholesterol, bad cholesterol (HDL) and provide us with the essential fatty acids the body needs.

Unsaturated fats are made up of two types: monounsaturated and polyunsaturated – both are beneficial. Examples of unsaturated fats are:

- Avocado
- Nuts
- Seeds
- Oily fish
- Cooking oils such as sunflower, vegetable and rapeseed
- Spreads made from sunflower, vegetable and olive oils



Essential Fats: Omega-3 & Omega-6

- Nutritional research suggest that essential fatty acids (EFAs) / essential fats in our diet can reduce fat storage, increase fat burning and increase glycogen storage (Glycogen is what carbohydrate is broken down to in our body).
- Omega-3 & Omega-6 are called essential fats because our body cannot produce them and we rely on our diet for them.
- These fats lose nutritional value when stored; cooked with or processed therefore using more bottled oils such as soy, rape and walnut oils may not be the answer.

Essential Fats & Obesity

Increased intake of essential fats appears to reduce stored fats which improves the sensitivity of insulin (which transfers amino acids and glucose in the muscle cells) so reducing the risk of obesity and coronary heart disease .

Research also discovered that these essential fats (particularly Omega-3)

- Increase the transfer from circulating blood glucose to glycogen storage which reduces your blood sugar levels
- Decrease fat storage to fat burning for energy and heat production

Dietary Tips to Boost Your EFA Intake:

- Brown and golden flax seeds (linseed) have the highest content of Omega-3 at 20.3g per 100g
- Use fresh seeds sprinkled on salads, especially hemp, pumpkin and sunflower
- Use nuts in salads or mixed with raisins as snacks especially walnuts, pecans and hazelnuts
- Switch to wholemeal bread –wheatgerm in whole wheat is a good source of EFAs
- Eat wholegrain breakfast cereals, such as Shredded Wheat, Weetabix and Oat Flakes rather than refined cereal, such as Cornflakes
- Use brown rice and wholemeal pasta instead of white varieties
- Use a cold-pressed seed oil in salad dressings
- Eat oily fish at least once a week e.g. salmon, mackerel, herring, trout
- Choose free-range chicken and eggs

Saturated Fats - The Bad

Saturated fats in too high amounts can be bad for us. They are mainly found in animal products, meat and meat products but there are exceptions to the rule. Too much saturated fat in your diet can increase the amount of bad cholesterol (LDL) in your blood. This can lead to narrowing of the blood vessels, raised blood pressure, angina and other forms of coronary heart disease. Examples of saturated fats include:

- Lard
- Butter
- Meat products, meat pies and sausages
- Hard cheese
- Pastries
- Cakes and biscuits
- Cream, soured cream and crème fraîche
- Coconut oil, coconut cream and palm oil – The exception to the rule!



Trans Fats - The Ugly

Trans fats have similar effect on the blood cholesterol as saturated fats, they raise the type of cholesterol in the blood that increases the risk of heart disease.

Some evidence suggests that the effects of these trans fats may be worse than saturated fats. However, most people eat a lot more saturated fat than trans fats.

Trans fats can be formed when liquid vegetable oils are turned into solid fats through the process of hydrogenation. Foods containing hydrogenated vegetable oil, which must be listed in the ingredients list on the label, might also contain trans fats. Trans fats have no nutritional value.

Many food manufacturers now avoid using hydrogenated fats or have reduced the amount of trans fats in their products to very low levels; these may be labelled 'low in trans' or 'virtually fat free'.



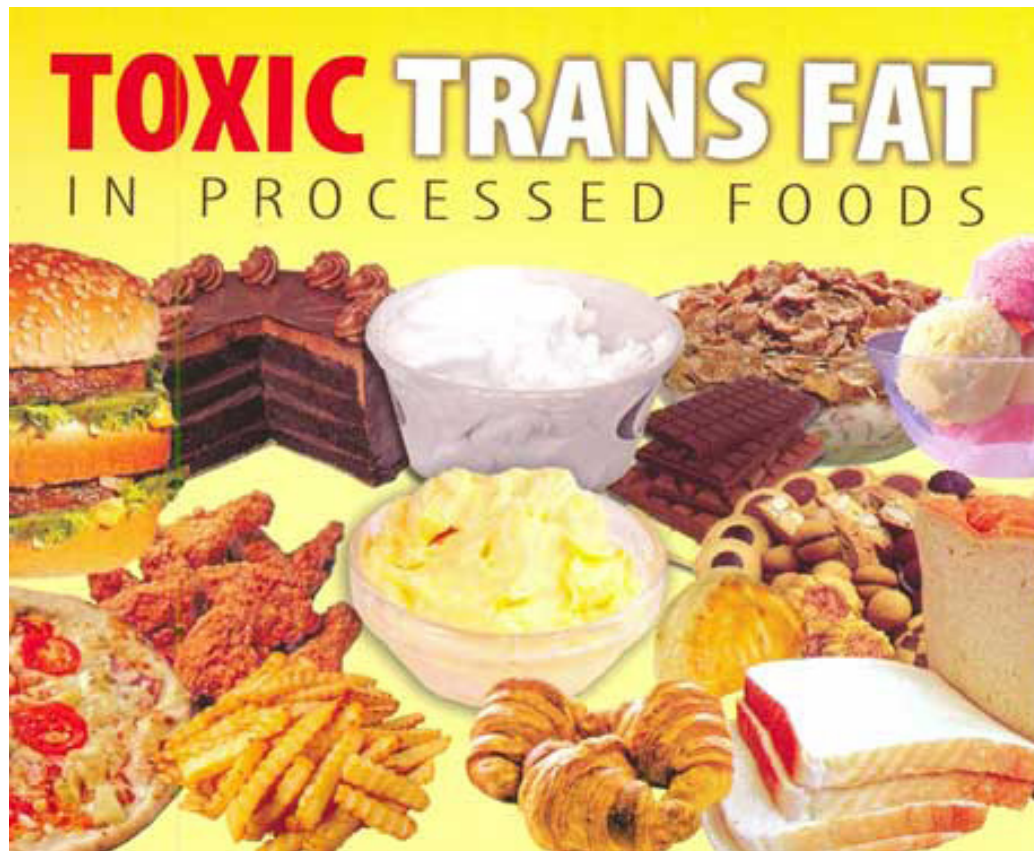
Trans Fats - The Ugly

Trans fats are often found in these types of foods:

- Biscuits and cakes
- Fast food/takeaways
- Pastry
- Some margarine
- Pies
- Fried foods

These sorts of food are usually high in saturated fat, sugar and salt so if you are trying to eat a healthy diet, you should try to keep these to a minimum.

Trans fats are also found naturally at very low levels in foods such as dairy products, beef and lamb.



Cholesterol

Cholesterol is a fatty substance found in the blood. It's mainly made in the body, and plays an essential role in how every cell in the body works. However, too much cholesterol in the blood can increase your risk of cardiovascular disease.

LDL Cholesterol & HDL Cholesterol

Cholesterol is carried around the body by proteins. These combinations of cholesterol and proteins are called lipoproteins. There are two main types of lipoproteins:

- LDL (low-density lipoprotein) is the harmful type of cholesterol
- HDL (high-density lipoprotein) is a protective type of cholesterol

Having too much harmful cholesterol in your blood can increase your risk of getting cardiovascular disease. The risk is particularly high if you have a high level of LDL cholesterol and a low level of HDL cholesterol.

What Causes High Cholesterol?

A common cause of high blood cholesterol levels is eating too much saturated fat – refer to saturated fat section for more info.

How Can I Reduce My Cholesterol Level?

- Cut down on saturated fats
- Eat oily fish, nuts and seeds regularly
- Eat a high-fibre diet - Foods that are high in soluble fibre such as oats, beans, pulses, lentils, nuts, fruits and vegetables, can help lower cholesterol.
- Do regular physical activity - This can help increase your HDL cholesterol (the 'protective' type of cholesterol).

<http://www.bhf.org.uk/heart-health/conditions/high-cholesterol.aspx>



What's High & What's Low?

If you want to try to cut down on fat, or you just want to watch how much fat you are eating, you can compare the labels of different food products and choose those with less total fat and less saturated fat.

Use the following as a guide to what is high and what is low fat per 100g food.

What's High, Medium & Low?

The following table should be used to compare the Nutritional Information per 100g on any food label.

Fat	Low	Medium	High
Total Fat	0-3g	3.1-19.9g	20g or more
Saturated Fat	0-1.5g	1.6-4.9g	5g or more

Tips for Cutting Down:

Here are some practical suggestions to help you cut down on fat, especially saturated fat:

- Choose lean cuts of meat and trim off any visible fat.
- Grill, bake, poach or steam rather than frying and roasting so you don't need to add any extra fat.
- If you do choose something high in fat such as a meat pie, pick something low fat to go with it to make the meal lower in fat, for example you could have a baked potato instead of chips.
- When you're choosing a ready meal or buying another food product, compare the labels so you can pick those with less total fat or less saturated fat.
- Put some extra vegetables, beans or lentils in your casseroles and stews and a bit less meat.
- Measure oil for cooking with tablespoons rather than pouring it straight from a container.
- Have pies with only one crust rather than two either a lid or base because pastry is very high in fat.
- When you're making sandwiches, try not using any butter or spread if the filling is moist enough. When you do use fat spread, go for a reduced-fat variety and choose one that is soft straight from the fridge so its easier to spread thinly.
- Choose lower fat versions of dairy foods whenever you can. This means semi-skimmed or skimmed milk, reduced fat yoghurt, lower fat cheeses or very strong tasting cheese so you don't need to use as much.
- Instead of cream or soured cream try using yoghurt or fromage fraise in recipes.

Fat Content of Cheese

Cheese (per 100g)	Total Fat Content (g)
Cottage Cheese	0.5
Laughing Cow Extra Light Cheese Triangles	1.7
Philadelphia Extra Light	4.6
Laughing Cow Light Cheese Triangles	6.6
Dairylea Light Cheese Spread	6.8
Weight Watchers Sliced Cheese	10.5
Ricotta	10.7
Philadelphia Light	11.6
Tesco Half Fat White Mature Cheese	15.8
Tesco Healthy Living Half Fat Mild Cheese	15.8
Cheese Slice	18.0
Mozzarella	20.0
Cathedral City Lighter (Cheddar)	21.8
Camembert	21.9
Tesco Lighter Mature Cheese	22.0
MU Mature Lighter Cheese	22.0
Low Low Mature Cheese Slice	22.0
Pilgrims Choice Lighter Extra Mature Cheese	22.0
Feta	23.0
Philadelphia (Original)	23.3
Edam	23.7
Brie	24.0
Parmesan	28.4
Lancashire	31.8
Cheshire	31.8
Wensleydale	31.8
Double Gloucester	31.8
Goats Cheese	32.0
Red Leicester	34.5
Cheddar	34.9

Composition of Spreading Fats Per 100g

Brand	Total Fat	Saturated Fat	Polyunsaturated	Monounsaturated	Trans Fat
Morrison's Vegetable Oil	100	6.6	31.5	57.2	?
Weight Watchers Olivite	38.9	8.8	5	19.5	?
Delight Diet	23	9	4	9.5	0.5
Flora Pro-Activ	35	9	17.5	8	0
Flora Original	59	12	29.5	17	0
Morrison's Olive Oil	91.6	12.8	?	?	?
Carapelli	59	12.9	9.3	34.5	?
Vitalite	56	14	25.5	15.9	0
Bertolli	59	14	14.5	30	0
Flora Buttery	70	15.6	34	19.9	0
Morrison's Sunflower Spread	70	16.7	?	?	?
Asda Sunflower Spread	70	16.7	35.1	17.5	0.7
Groundnut Oil	91.6	18	?	39.8	?
I can't believe it's not butter	70	25.7	25.8	18	0
Lurpack Lighter	60	26.6	6.5	21.3	0
Anchor Organic Spreadable	80.1	31.2	11.3	31	?
Crisp 'n' Dry	100	33	11	43	?
Lurpack	80	37	8.1	28	0
Lard	99	44	9.5	44	0
Butter	81.7	54	2.6	19.8	?

Carbohydrates

GOOD CARBS

VS.

BAD CARBS

WHY CARBOHYDRATES MATTER TO YOU

Over the last 10 years, opinions have ranged wildly on carbohydrates. Some diets promote carbs as healthy, while others shun them. So are carbohydrates good or bad? The short answer is: they're both.

CARBS ARE EVERYWHERE!

Carbohydrates are not just bread, rice or pasta – all of the following foods are examples of carbohydrates:



Breads & Cereals



Rice & Pastas



Nuts & Seeds



Vegetables & Fruits



Milk & Dairy



Juice & Soda



Candy & Desserts

COMPLEX CARBS = GOOD

Good carbs are also referred to as complex carbohydrates. Their chemical structure and fibers require our bodies to work harder to digest, and energy is released over a longer time.

For the most part, good carbs are in their 'natural' state – or very close to it (including whole-grain breads, cereals and pastas).

SIMPLE CARBS = BAD

Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.

Bad carbs are generally 'processed' carb foods that have been stripped of their natural nutrients and fiber to make them more 'consumer friendly.'

Nutrition	Women	Men
Carbohydrates	230g	300g
Sugar	30g	30g
Fibre	30g	30g

Good vs. Bad Carbohydrates: Know the Difference

By PositiveMed.com

Good Carbs

More fiber, minerals & vitamins, Low glycemic index, Feel full on fewer calories



Whole-grain



Oatmeal



Green vegetables



fruits

Bad Carbs

Low fiber & nutrients, High glycemic index, Lots calories needed to make you full



Refined grains



Sugary cereals



Soda & sugary drinks



Candies & cookies



More health tips on PositiveMed.com

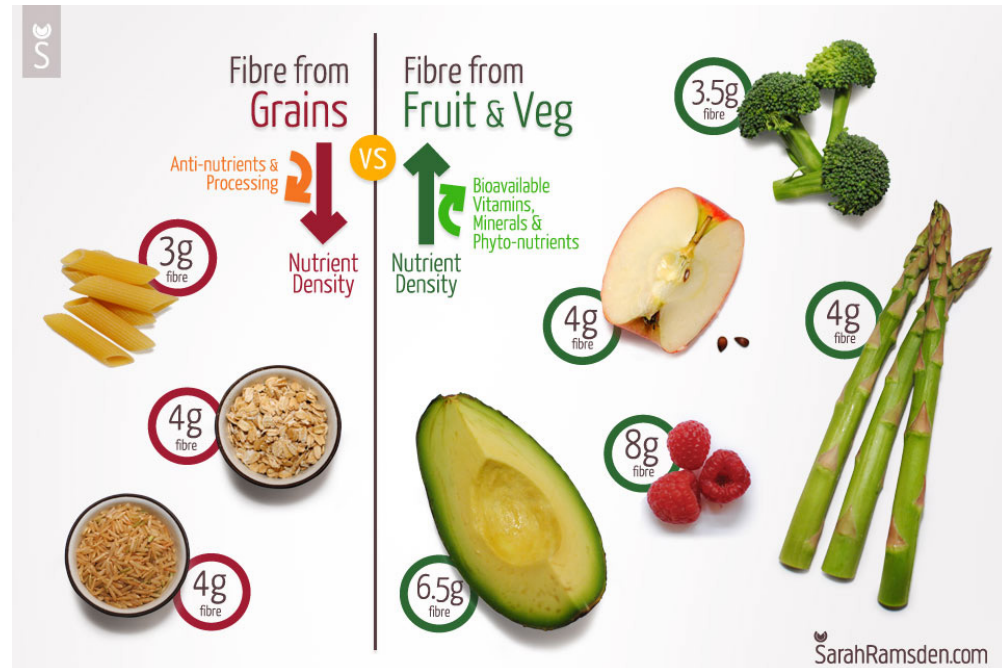


... just because it tastes good, doesn't mean it's your friend.

Fibre

A diet rich in fibre has many health benefits. It reduces the risk of bowel problems, these include constipation, haemorrhoids, diverticular disease and cancer of the colon or large bowel.

Having a diet rich in fibre gives a feeling of fullness. This can help people to control their appetite and help towards weight loss.



Approximate Dietary Fibre Content of Selected Foods

Aim to eat about 18-30g fibre per day

	Food	Typical portion (weight)	Fibre/portion
Breakfast Cereals	All-Bran	1 medium sized bowl(40g)	9.8g
	Shredded Wheat	2 pieces (44g)	4.3g
	Bran Flakes	1 medium sized bowl (30g)	3.9g
	Weetabix	2 pieces (37.5g)	3.6g
	Muesli (no added sugar)	1 medium sized bowl (45g)	3.4g
	Muesli (Swiss style)	1 medium sized bowl (45g)	2.9g
	Fruit'n Fibre	1 medium sized bowl (40g)	2.8g
	Porridge (milk or water)	1 medium sized bowl (250g)	2.3g
	Cornflakes	1 medium sized bowl (30g)	0.3g
Bread/rice/pasta	Crispbread, rye	4 crispbreads (36g)	4.2g
	Pitta bread(wholemeal)	1 piece (75g)	3.9g
	Pasta (plain, fresh cooked)	1 medium portion (200g)	3.8g
	Wholemeal bread	2 slices (70g)	3.5g
	Naan Bread	1piece (160g)	3.2g
	Brown bread	2 slices (70g)	2.5g
	Granary bread	2 slices (70g)	2.3g
	Brown rice (boiled)	1 medium portion (200g)	1.6g
Vegetables	White rice (boiled)	1 medium portion (200g)	0.2g
	Baked beans (in tomato sauce)	Half can (200g)	7.4g
	Red kidney beans (boiled)	3 tablespoons (80g)	5.4g
	Peas (boiled)	3 heaped tablespoons (80g)	3.6g
	French beans (boiled)	4 heaped tablespoons (80g)	3.3g
	Brussel sprouts (boiled)	8 sprouts (80g)	2.5g
	Potatoes (old, boiled)	1 medium size (200g)	2.4g
	Spring greens (boiled)	4 heaped tablespoons (80g)	2.1g
	Carrots (boiled, sliced)	3 heaped tablespoons (80g)	2.0g
	Broccoli (boiled)	2 spears (80g)	1.8g
	Spinach (boiled)	2 heaped tablespoons (80g)	1.7g
Salad Vegetables	Pepper (capsicum green/red)	Half (80g)	1.3g
	Onions (raw)	1 medium (80g)	1.1g
	Olives (in brine)	1 heaped tablespoon (30g)	0.9g
	Tomato (raw)	1 medium /7 cherry (80g)	0.8g
	Lettuce (sliced)	1 bowl (80g)	0.7g
Fruit	Avocado pear	1 medium (145g)	4.9g
	Pear (with skin)	1 medium (170g)	3.7g
	Orange	1 medium (160g)	2.7g
	Apple (with skin)	1 medium (112g)	2.0g
	Raspberries	2 handfuls (80g)	2.0g
	Banana	1 medium (150g)	1.7g
	Tomato Juice	1 small glass (200 ml)	1.2g
	Strawberries	7 strawberries (80g)	0.9g
	Grapes	1 handful (80g)	0.6g
	Orange juice	1 small glass (200ml)	0.2g
Dried fruit/nuts	Apricots (semi-dried)	3 whole (80g)	5.0g
	Prunes (semi-dried)	3 whole (80g)	4.6g
	Almonds	20 nuts (33g)	2.4g
	Peanuts (plain)	1 tablespoon (25g)	1.6g
	Mixed nuts	1 tablespoon (25g)	1.5g
	Brazil nuts	10 nuts (33g)	1.4g
	Raisins/sultanas	1 tablespoon (25g)	0.5g



1. Bottle Of Coke (500MI) 10½ Cubes

Coca-cola is one of the worst offenders when it comes to sugary drinks, with a 500ml bottle containing your recommended daily allowance.

2. Jordans Frusli Bar, Blueberry, 2 Cubes

Along with the undisputed benefits of wholegrains, you get 2tsp of sugar. Some comes from the fruits and some is added to boost taste.

3. Volvic Touch Of Fruit Lemon And Lime (1.5 Litre) 16½ Cubes

This flavoured water may look healthy, but the high sugar content makes it equivalent to sugary pop.

4. Red Bull (250MI) 5½ Cubes

This drink is well-known for its high caffeine content, but it also contains a lot of sugar.

5. Ben & Jerry's Phish Food Ice Cream (500MI), 28 Cubes

There are dairy sugars in this ice cream, but the sweetness will overwhelmingly come from added sugars.

6. Tesco Chicken Korma & Pilau Rice (550G), 3 Cubes

Sweeter, creamier sauces contain added sugar, and often in quite high quantities.

7. Innocent Mangoes & Passion Fruits Smoothie (250MI), 6 Cubes

Some of the fruit in smoothies is whole fruit that's crushed, and so it still contains fibre. This isn't as bad for you as pure juice, which counts as added sugar.

8. 1 Tbsp (15MI) Ketchup, 1 Cube

Sugar is added to ketchup to achieve that characteristic taste, though some comes from the tomatoes.

9. BbQ Pringles, (190G), 1½ Cubes

The sugar turns up in the BBQ 'flavour', which is largely sugar.

10. 2 Mcvities Digestives, 1 Cube

Though digestives are considered by many to be one of the healthier biscuits, two still contain one lump of sugar.

11. New Covent Garden Plum Tomato & Mascarpone Soup (600G), 6 Cubes

Sugar is added to this soup, but much of it comes from the high concentration of tomatoes, which means it is classed as 'good' naturally occurring sugar.

12. Pret Coronation Chicken & Chutney Sandwich, 2½ Cubes

Sandwiches are a common, but unlikely sources of sugar. Some here will come from the bread, but most from the chutney.

13. Mcdonald's Large Strawberry Milkshake, 16 Cubes

Though this is very high, some will come from the milk.

14. Waitrose Love Life Crayfish & Mango Salad, 2 Cubes

A reminder to watch out for sugar in salads — this one has a Thai dressing packed with sugar, plus some less damaging sugar in the mango.

15. Sun-Maid Raisins (14G), 2 Cubes

Not the healthier 'bad' sugar found in sweets, but it can quickly add up if you have anything more than the smallest serving.

16. Muller Light Strawberry (175G Pot), 2½ Cubes

Many low-fat foods contain high amounts of sugar to compensate for the lack of taste and texture.

17. 1 Banana, 4 Cubes

Bananas are high in natural sugar that's healthy in moderation.

18. Dolmio Bolognese Original Sauce (500G Jar), 6½ Cubes

Most tomato pasta sauces contain added sugars to boost the taste, though some will also occur naturally in the tomatoes.

19. 1 Plain Bagel, 1 Cube

Notice a cloying sweetness in some bagels? That's from the teaspoon or so of sugar added to each one.

20. Glass Of Tropicana Smooth Orange Juice (200MI), 3½ Cubes

Though sugar in the whole fruit counts as 'good' sugar, juicing removes the fibre, so it is classified as the more harmful 'added sugar'.

21. Glass Semi Skimmed Milk (200MI), 2 Cubes

Milk sugar doesn't count as the harmful added kind because it is released slowly in the body.

22. Apple, 2½ Cubes

Though apples contain a surprisingly high amount of sugar, it's 'good' sugar, encased in fibre.

23. Bran Flakes (30G With Milk, 125MI), 2½ Cubes

Bran Flakes are 22 per cent sugar, but here milk adds half a cube.

24. Starbucks Signature Grande Hot Chocolate & Cream, 9½ Cubes

Some of this sugar may come from the milk, and so count as 'good' naturally occurring sugars, but the majority will be added sugar.

25. Mcdonalds Fillet-O-Fish, 1 Cube

The sugar probably comes from the tartare sauce and the sweet buns.

26. Galaxy Bar (125G), 14 Cubes

As well as fat, you'll also receive a large dose of sugar — remember to keep it as a treat.

Toxic Effects of Sugar

Speeds aging process
Suppresses immunity
Disturbs mineral balance
Raises cholesterol & triglycerides
Increased risk of Alzheimer's
Diabetes & hypoglycemia
Tooth decay & periodontal disease
Weight gain & obesity
Candidiasis (yeast infections)
Kidney disease
Hyperactivity
Depression & anxiety
Several types of cancer
Weakened eyesight
Osteoporosis

Coronary heart disease.
Crohn's disease and ulcerative colitis.
Asthma
Arthritis
Gallstones and kidney stones
Hormonal imbalances
Appendicitis
Multiple sclerosis exacerbation
Decreased growth hormone
Emphysema
Atherosclerosis
Fatty liver
Constipation
Fluid retention
Headaches & migraines

www.olalaalaa.com

Cereals

Cereal (per 100g)	Kcals	Total Carbohydrates	Sugars	Starch	fat	Saturated	Fibre	Sodium
All Bran	334 kcal	48g	18g	30g	3.5g	0.7g	27g	0.45g
Bran Flakes	356kcal	66g	20g	46g	2g	0.5g	15g	0.4g
Coco Pops	387kcal	85g	35g	50g	2.5g	1g	2g	0.3g
Cornflakes	378kcal	84g	8g	76g	0.9g	0.2g	3g	0.5g
Crunchy nut Cornflakes	402kcal	82g	35g	47g	5g	0.9g	2.5g	0.35g
Frosties	375kcal	87g	37g	50g	0.6g	0.1g	2g	0.35g
Fruit & Fibre	380kcal	69g	24g	45g	6g	3.5g	9g	0.45g
Rice Krispies	383kcal	87g	10g	77g	1g	0.2g	1g	0.45g
Special K	379kcal	76g	17g	59g	1.5g	0.5g	2.5g	0.45g
Quaker Oats	356kcal	60g	1.1g	58.9g	4.0g	1.5g	9.0g	trace
Oats so Simple - Apple & Blueberry	364kcal	68g	20.9g	47.1g	6.3g	1.1g	7.0g	trace
Shredded Wheat	363kcal	68.5g	0.7g	67.8g	2.2g	0.5g	11.6g	trace
Shreddies	371kcal	73.7g	14.9g	58.8g	1.9g	0.4g	9.9g	0.3g
Cheerios	381kcal	74.5g	21.5g	53g	3.8g	0.9g	7.1g	0.49g
Weetabix	358kcal	68.6g	4.4g	64.2g	2g	0.6g	10g	0.26g
Weetos	392kcal	75.4g	23.5g	51.9g	4.9g	1.0g	6.2g	trace
Aplen	377kcal	66.8g	23.1g	43.7g	5.8g	0.8g	7.0g	0.11g
Alpen no added sugar	374kcal	64.6g	16.3g	48.3g	6.2g	0.9g	7.8g	trace
Ready Brek	373kcal	57.9g	1.0g	56.9g	8.7g	1.2g	7.9g	trace

Cereal Bars

Cereal bars can be a convenient alternative to a bowl of cereal, but what you gain in time you generally lose in nutrition. Most cereal bars tend to be high in sugar and some are also high in fat. Take a look at the table below.

Bar (per 100g)	Calories	Fat	Saturated Fat	Sugar
Alpen Coconut with Milk Chocolate	444	16.3	8.2	27.4
Alpen Fruit & Nut	390	8.3	1.5	29.6
Alpen Fruit & Nut with Milk Chocolate	429	13	5.1	36.1
Alpen Light Apple & Sultana	330	3.6	1.5	24.5
Alpen Light Chocolate & Fudge	301	6.7	2.9	24.1
Alpen Light Chocolate & Orange	339	5.5	2	18.3
Alpen Light Double Chocolate	344	6.3	2.7	22
Alpen Light Summer Fruits	334	4.1	1.5	22.8
Alpen Raspberry & Yoghurt Bar	419	10.9	6.1	36.6
Alpen Strawberry & Yoghurt Bar	412	10.2	5.4	34.6
Jordans Frusli: Apple, Cinnamon & Sultana	369	7.8	1.7	36.1
Jordans Frusli: Blueberry	376	7.8	1.7	30.5
Jordans Frusli: Cranberry & Apple	379	8	1.7	31.4
Jordans Frusli: Raisin & Hazelnut	390	12.2	1.8	32.1
Jordans Frusli: Red Berries	378	7.9	1.7	30.2
Jordans Frusli: Truly Tropical	377	7.6	1.6	33.9
Kellogs Nutrigrain Blackberry	324	8.1	1.4	27
Kellogs Nutrigrain Cherry/Raspberry/Blueberry/Apple Cinnamon	324	8.1	1.4	32.4
Kellogs Nutrigrain Mixed Berry/Strawberry	324	8.1	1.4	29.7
Kellogs Nutrigrain Strawberry Yoghurt	351	9.5	1.4	32.4
Kellogs Special K Dark Chocolate Chewy Cereal Bar	404	14	6	20
Kellogs Special K Double Chocolate Cereal Bar	396	9	5	28
Kellogs Special K Milk Chocolate Chewy Cereal Bar	397	13	5	24
Kellogs Special K Orange & Chocolate/ Mint & Chocolate Cereal Bar	403	10	5	36
Kellogs Special K Peach & Apricot Cereal Bar	383	6	4	38
Kellogs Special K Raspberry & Chocolate Cereal Bar	403	10	5	35
Kellogs Special K Red Berry Cereal Bar	391	5	3.5	38

One bad meal won't make you fat.

Just like one good meal won't make you skinny.

Your Actions for This Week

- Try reducing sugar content by swapping high sugar foods for low sugar versions.
- Read food labels and become aware of how much sugar is in food products.
 Look for the "Carbohydrates (of which sugars)" figure in the nutrition label.
 High – over 22.5g of total sugars per 100g
 Low – 5g of total sugars or less per 100g
- Remember to plan your physical activity and log it in your diary.

Salts & Food Labels

Food Labels

Always Read the Label!



If you want to eat a healthy diet, one of the key things you can do is try to cut down on fat (especially saturated fat), salt and added sugars. When you are checking food labels to choose which products to buy, traffic light colours can help you make that choice quickly and easily.

You may have seen products on sale with green, amber or red traffic light colours on the fronts of their packs. This is to help you see at-a-glance if the food has low, medium or high amounts of fat, saturated fat, salt and sugar.

Guideline Daily amounts

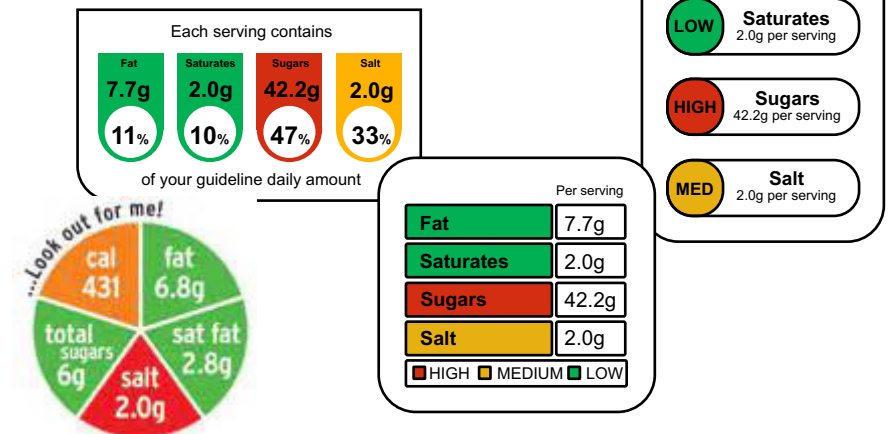
	Women	Men
Energy	2000kcal	2500kcal
Protein	45g	55g
Carbs	230g	300g
Sugar	30g	30g
Fat	70g	95g
Saturated Fat	20g	30g
Fibre	30g	30g
Sodium	2.4g	2.4g
Salt	6g	6g

What the Colours Mean

Green = Low

Amber = Medium

Red = High



Using Traffic Lights to Make Healthier Choices

Many foods with traffic light colours will have a mixture of greens, ambers and reds. So, when you're choosing between similar products, try to go for products with more greens and ambers, and fewer reds, if you want to make the healthier choice.

The colours make it easier to compare products at a glance. But remember, healthy eating is all about getting the overall balance right. Traffic light colours can help you choose between similar products and help you keep a check on the high-fat, high-sugar and high-salt foods you eat.

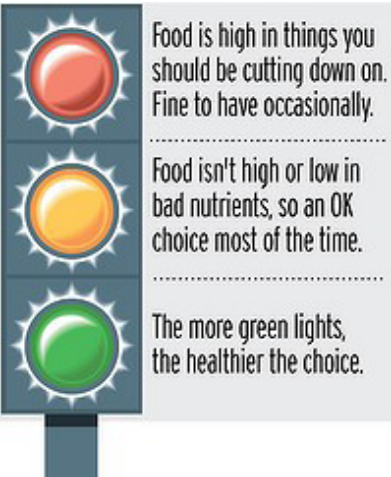
Check It Out

Some products you might have thought were healthy choices could qualify for red lights. Try comparing the saturated fat, sugar and salt levels of your favourite breakfast cereals with those that qualify for a full set of Green lights.

Different Traffic Lights, Same Signals

Different stores are using their own designs for the traffic light colours. But if they follow the Food Standards Agency's recommendations, the green, amber and red should mean exactly the same in each shop.

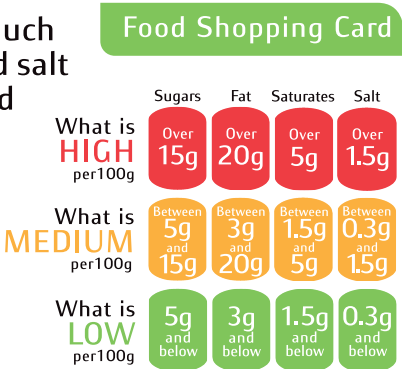
To find an up-to-date list of the stores and food producers that are using traffic light colours, see the Agency's eatwell website at: eatwell.gov.uk/trafficlights



Check how much fat, sugar and salt is in your food



Remember that the amount you eat of a particular food affects how much sugars, fat, saturates and salt you will get from it.



The Nutrition Panel Explained

Nutrition Information		
Nutrient Per 100g		Per 400g
Energy	404.6KJ/97Kcal	1618.4KJ/388Kcal
Protein	6.3g	25.2g
Carbohydrate	9.6g	38.4g
of which sugars	2.0g	8.0g
starch	7.7g	30.8g
Fat	3.6g	14.6g
of which saturates	1.3g	5.0g
mono-saturates	1.4g	5.4g
poly-saturates	0.7g	2.6g
fibre	1.6g	6.4g
sodium	0.2g	0.8g
salt	0.5g	2.0g

You may see a panel like this on the back of food packs. It gives the nutritional breakdown of the food. You can use this information to help you make healthier choices.

Manufacturers must provide nutrition information if the label makes a nutritional claim such as 'low fat' or 'high fibre', but sometimes manufacturers voluntarily provide nutritional information even when they have not made a claim.

Information will be given in terms of 100g or 100ml of the food for the following nutrients:

- energy (in KJ and Kcal)
- protein (in g)
- carbohydrate (in g)
- fat (in g)

You may also see:

- sugars
- saturates
- fibre
- sodium

If a claim has been made about any other nutrient, the amount of the nutrient will also appear.

These terms, and some others you might see, are explained briefly below.

Energy

This is the amount of energy that the food contains. It is measured either in calories (kcal) or kJ.

Protein

The body needs protein to grow and repair itself. Protein-rich foods include meat, fish, milk and dairy foods, eggs, beans, lentils and nuts.

Carbohydrate

The body turns carbohydrate into energy. Simple carbohydrates, which include added sugars and the natural sugars found in fruit and milk, are often listed on food labels as 'Carbohydrates (of which sugars)'.

Complex Carbohydrates

(sometimes known as starchy foods) include bread, cereals, rice, pasta and potatoes. Where possible, you should try to eat more complex carbohydrates. Sometimes you will only see a total figure for carbohydrates on food labels.

Fat

Fat carries a lot of calories. Many food labels give figures for a product's fat content. Some food labels also break the figures down into different types of fat: saturates, monounsaturates and polyunsaturates.

Most of us know that we should be cutting down on fat. But it's even more important to try to replace the saturated fat we eat with unsaturated fat.

Saturated Fat

can raise blood cholesterol levels, which increases the chance of developing heart disease.

Monounsaturates and Polyunsaturates

are both types of unsaturated fat. Unsaturated fats provide essential fatty acids that the body needs.

List of Ingredients

Ingredient lists provide useful information about what's in your food. With a few exceptions, all pre-packed foods must be labelled with their ingredients, listed in descending order of their weight.

If an ingredient is mentioned in the name, such as chicken in 'chicken pie', or is shown on the label, the amount contained in the food must be given as a percentage. This allows you to compare similar products.

Single ingredient foods, for example cheese, sugar and butter, do not need to give a list of ingredients. Neither do alcoholic drinks (above 1.2% vol.), though these products do have to say if they contain allergens.

Where an ingredient is made up of several other ingredients, all the individual ingredients, with a few exceptions, must be given on the label for example, the ingredients of mayonnaise used in a potato salad.

Additives

Most food additives must be included either by name or by their E number in the ingredient list. The ingredient list must also say what type of additive it is, such as 'colour' or 'preservative'.

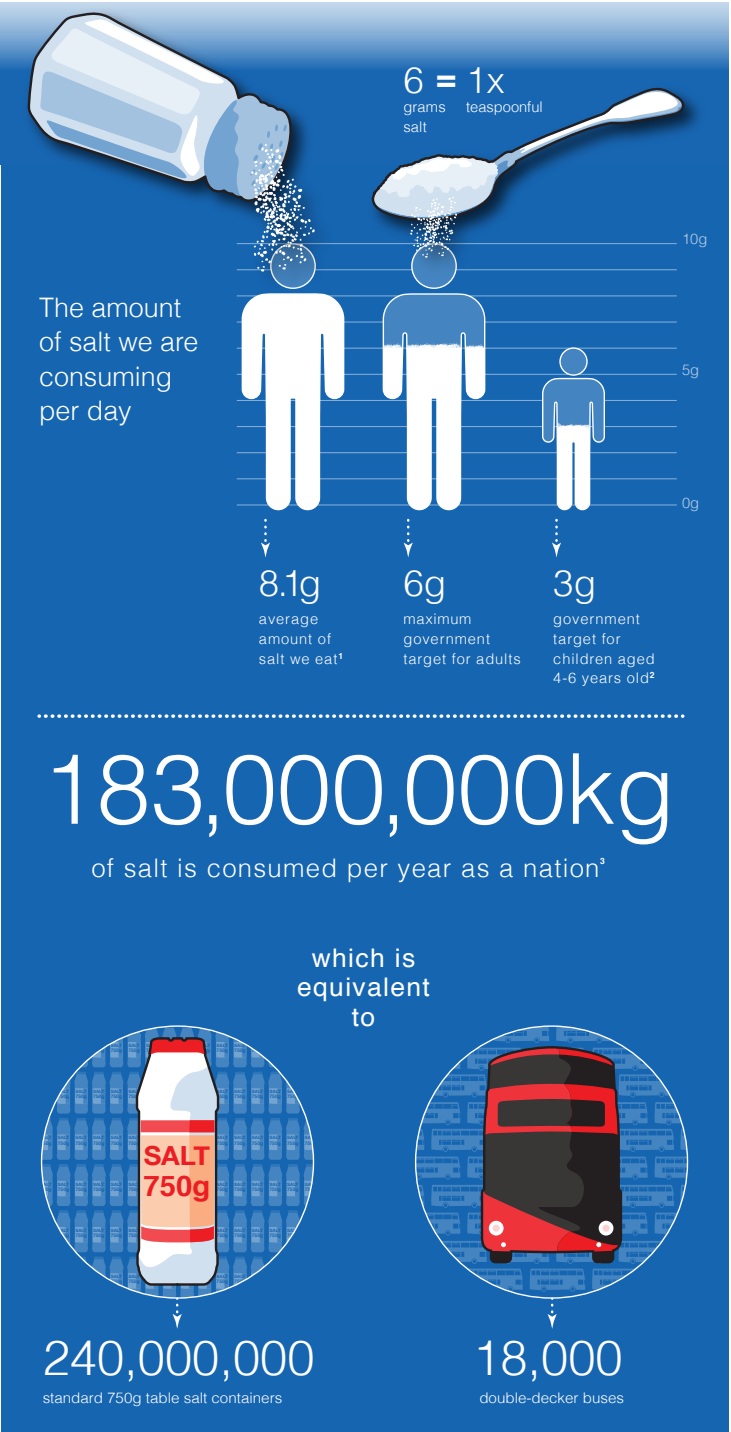
Any flavourings used in a food have to be listed in the ingredient list as 'flavouring/s' or with a more specific description, such as 'chicken flavouring'.

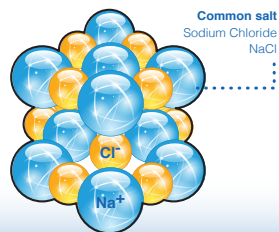
Claims on Labels

The FDA also provides guidelines about the claims and descriptions manufacturers may use in food labeling to promote their products:

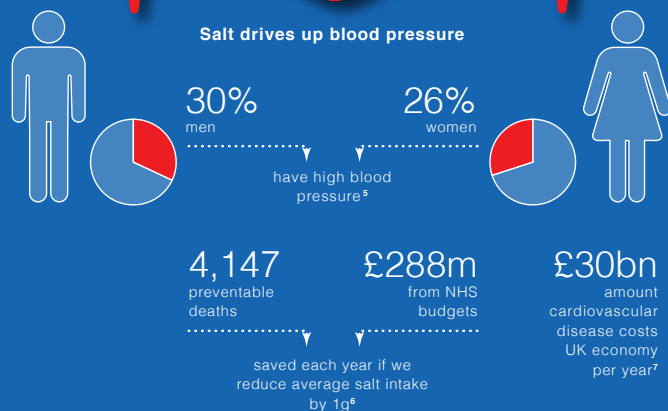
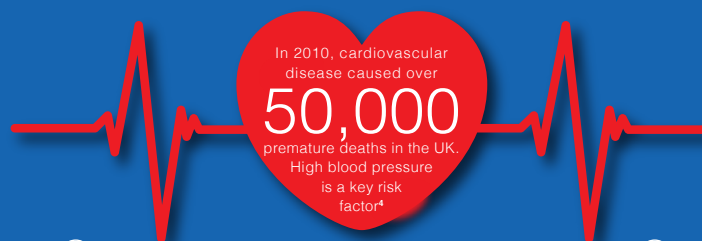
Claim	Requirements that must be met before using the claim in food labelling
Fat-Free	Less than 0.5 grams of fat per serving, with no added fat or oil
Low Fat	3 grams or less of fat per serving
Less Fat	25% or less of fat than the comparison food
Saturated Fat Free	Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving
Cholesterol-Free	Less than 2 mg cholesterol per serving, and 2 grams or less saturated fat per serving
Low Cholesterol	20 mg or less cholesterol per serving and 2 grams or less saturated fat per serving
Reduced Calorie	At least 25% fewer calories per serving than the comparison food
Low Calorie	40 calories or less per serving
Extra Lean	Less than 5 grams of fat, 2 grams of saturated fat, and 95 mg cholesterol per (100 gram) serving of meat, poultry or seafood
Lean	Less than 10 grams of fat, 4.5 grams of saturated fat, and 95 mg cholesterol per (100 gram) serving of meat, poultry or seafood
Light (fat)	50% or less of the fat than in the comparison food (ex: 50% less fat than our regular cheese)
Light (calories)	1/3 fewer calories than the comparison food
High-Fibre	5 grams or more fibre per serving
Sugar-Free	Less than 0.5 grams of sugar per serving
Sodium-Free or Salt-Free	Less than 5 mg of sodium per serving
Low Sodium	140 mg or less per serving
Very Low Sodium	35 mg or less per serving
Healthy	A food low in fat, saturated fat, cholesterol and sodium, and contains at least 10% of the Daily Values for vitamin A, vitamin C, iron, calcium, protein or fibre
“High”, “Rich in” or “Excellent Source”	20% or more of the Daily Value for a given nutrient per serving
“Less”, “Fewer” or “Reduced”	At least 25% less of a given nutrient or calories than the comparison food
“Low”, “Little”, “Few” or “Low Source of”	An amount that would allow frequent consumption of the food without exceeding the Daily Value for the nutrient - but can only make the claim as it applies to all similar foods
“Good Source of”, “More”, or “Added”	The food provides 10% more of the Daily Value for a given nutrient than the comparison food

HAVING TOO MUCH SALT?

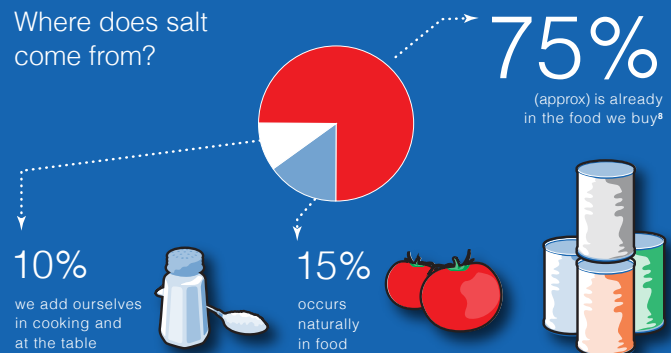




The damage being done to our health



Where does salt come from?



Salt can be found in a wide range of foods. Some are almost always high in salt, such as:

- bacon
- ham
- cheddar and other hard cheeses

In other foods, salt levels vary a lot, such as in:

- bread (freshly made, sliced, crumpets, bagels)
- breakfast cereals
- soup and pasta sauces

Industry adds salt to provide:

- taste
- texture
- preservative

How to cut down on salt: 3 top tips



1

When food shopping, check the label and choose the food that's lower in salt. Look at the figure for salt per 100g (see example food label below):

- High is more than 1.5g salt per 100g. May be colour-coded red.
- Low is 0.3g salt or less per 100g. May be colour-coded green.
- Medium is between 0.3g and 1.5g salt per 100g. May be colour-coded amber.

Each serving contains:

ENERGY 2551kJ 605kcal 30%	FAT 18.7g MED 28%	SATURATES 4.4g LOW 22%	SUGARS 8.9g LOW 10%	SALT 0.3g LOW 5%
------------------------------------	----------------------------	---------------------------------	------------------------------	---------------------------

% of an adult's reference intake.
Typical values per 100g: Energy 479kJ/114kcal

2

Eat foods high in salt less often and in smaller amounts.

Go easy on condiments and sauces such as ketchup, mustard, soy sauce and pickles as they are high in salt.



3

Cook with less salt.

- When seasoning, use black pepper, fresh herbs and spices instead.
- Make your own stock and gravy instead of using cubes or granules.
- Make sauces with fresh ingredients such as ripe tomatoes and garlic.

Sources

1. National Diet and Nutrition Survey: Assessment of Dietary Sodium Levels Among Adults (aged 19-64) in England, 2011.
2. Salt and Health, 2003. Scientific Advisory Committee on Nutrition. Maximum salt target for adults is 6g. Recommended targets for children range from <1g to 6g depending on age.
3. Salt intake calculation based on mid-2010 Population Estimates: United Kingdom; estimated resident population by single year of age and sex, data from the Office for National Statistics.
4. Scarborough, P et al. Coronary Heart Disease Statistics, 2010. British Heart Foundation.
5. Health Survey for England 2012. Health and Social Care Information Centre.
6. Department of Health.
7. Scarborough, P et al. Coronary Heart Disease Statistics, 2010. British Heart Foundation.
8. Data from Why 6g? A summary of the scientific evidence of the salt intake target. © Medical Research Council.

To convert salt to sodium divide by 2.5

To convert sodium to salt multiply by 2.5

For example:

1g salt = 0.4g sodium

0.8g sodium = 2g salt

Salt is sodium chloride and as food labels often list both salt and sodium content, it can be confusing.

Dining Out

Dining Out

Going out for a meal? Don't panic! Our tips will help you enjoy the occasion without breaking the calorie bank.

Read The Menu Online

If you know which restaurant you're going to, look up their menu online to work out the lower-calorie options and figure out your expected calorie intake. Planning ahead like this will help you make better choices and avoid temptation.

Don't Skip a Meal

Don't skip breakfast or lunch to build calorie credits for your evening out. Stick to your daily meal routine to keep your appetite under control throughout the day. If you go over your calories simply reduce the calories the following days or do a bit more exercise.

Stick to 1 Course

It's perfectly acceptable to have just a main course. Don't feel the need to finish the plate. Try to stop eating before you feel overly full. If you can't resist having a dessert, find someone to share it with.

Avoid Deep-Fried

Avoid food that is deep or shallow fried, battered, pan-fried, marked as 'crispy' or with pastry. These are high in fat. Instead, look out for grilled, roasted, poached, steamed or baked dishes.

You Say Tomato

Avoid cheese, cream or butter-based sauces, which are high in fat and pack a calorie punch. Instead, go for tomato or other vegetable-based sauces.

Beware of High Calorie Salad

Watch out for high calorie toppings such as croutons, cheese, bacon and nuts. Ask for salad dressing on the side and add only as much as you need.

Downsize Your Portions

To avoid eating too much, order a starter dish as your main course instead of one of the larger mains on the menu.

Healthier side dishes

Fill up on veggie sides. If cooked, go for steamed or boiled. A portion is 80g for your 5 A Day.

- Broccoli
- Mixed Leaf salad
- Carrots
- Beans
- Mushrooms
- Kale
- Spinach
- Cabbage



Did you know the average Parmo **contains 2600 calories & 150g of fat!!**

Restaurant Tips

- Banish the buffet: it's hard to control your portion size at an all-you-can-eat buffet. It's a real test of willpower and the food tends to be less healthy. The solution? Try to avoid completely.
- Order less: there's no need to cry off takeaways when trying to lose weight, but portion control is key. Try ordering less than you need.
- Plain and simple: steer clear of creamy sauces and meals with lots cheese.

Take-Away Choices

How to Eat in Without Pigging Out

You know what it's like. You've had an exhausting day at the office. You're starving but the idea of cooking a meal is too much to bear. It's time to reach for a take-away menu. But what if you're trying to watch your calorie intake? Is all that take-away food pumped full of fat, sugars and other dieting no-no's? Not necessarily. Some take-away meals are better than others and a few dishes are positively saintly. Want to know more? Here's your at-a-glance guide to eating in without pigging out.

Chinese

Chinese is the most popular take-away in the UK and with a little know-how you can find healthy, low fat options on the menu.

Slim Jim

- Boiled or steamed rice rather than egg fried rice, which is higher in fat.
- Steamed vegetables and fish are a good choice as are stir-fries, which only use a little bit of oil.
- Dishes that have a high proportion of vegetables, such as Beef with broccoli

Fat Piggy

- Deep fried dishes, such as Crispy Duck, Kung Pao Chicken and Mu Shu Pork. A portion of crispy duck, for instance, has around 31g of fat.
- Deep fried starters such as dim sum, prawn crackers, spring rolls, prawn sesame toast.
- Anything cooked in batter, such as sweet and sour pork (a portion of battered sweet and sour with egg fried rice contains a heart stopping 60g of fat and 44g of sugar)



Indian

Authentic Indian cooking is quite low in fat but western influences have created more dishes that include high calorie creams and oils, including the nations favourite curry, chicken tikka masala.

Slim Jim

Tomato based curries

- Chicken and prawn dishes tend to be less fatty than other meals
- Vegetable dishes
- Chapati (150 calories and 1g of fat)
- Drier dishes such as tikka and tandoori (Tandoori chicken has around 350 calories and 15g of fat per portion)
- Madras, Dupiaza, Balti and Jalfrezi are also reasonably low in fat.
- Plain boiled rice
- Raita (cucumber, onion and yoghurt dip that can also be used as a low calorie sauce).

Fat Piggy

Creamy curries such as korma and masala (chicken Tikka Masala, for example, has 700 calories and 30g of fat per portion)

- Deep fried extras like bhajis and samosas
- Nann (300 calories and 16g of fat per bread)
- Pilau rice



American

Burger bars are especially popular with kids and it can be difficult to find anything healthy on a fast food menu. However, some burger chains are beginning to sell lower fat options.

Slim Jim

- Reduced calorie Mayo
- Side salads (no dressing)
- Grilled burger
- Grilled chicken breast
- Water, Skimmed milk
- Mustard or ketchup
- Any low fat burger option

Fat Piggy

- Going large or supersize
- Bacon or cheese
- Milk shakes (a burger king whopper, french fries and a chocolate shake contains 149g fat or 1360 calories!)
- Fries
- Mayo and Caesar salad dressings
- Fish burgers and chicken burgers as they're often deep fried.



Italian

Italian food is very healthy on the whole, but you need to keep an eye out for pasta dishes with rich creamy sauces and food cooked with large amounts of cheese.

Slim Jim

- Pasta with tomato sauce (pasta with arrabiata sauce has only 12g of fat and 6g of sugar for example)
- Vegetable based sauces, cooked in olive oil rather than butter
- Minestrone/bean soup
- Salads with a low calorie dressing such as balsamic vinegar
- Grilled vegetables
- Traditional pizza with low fat topping such as seafood or extra vegetables

Fat piggy

- Garlic bread
- Meat feast pizzas or extra cheese
- Lasagne contains around 45g of fat



Thai

Traditionally thought of as the dietaries favourite take-away, Thai food is usually very healthy as most dishes are based around steamed rice and vegetables. Just watch out for dishes containing high-fat coconut milk.

Slim Jim

- Stir fried dishes (stir fired chicken with plain steamed rice Phad Khing Hai has only 13g of fat)
- Steamed jasmine rice
- Vegetables
- Thai salads
- Pad Thai made with out the egg

Fat Piggy

- Thai green curry (contains 29g of fat mostly due to the coconut cream)
- Fried Rice
- Peanut sauces and dressings.

What to Order to Keep off the Pounds!

American

To pile on the pounds

Double whopper with cheese – 1010 kcals 67g fat

King size fries -590kcals 30g fat

Small strawberry milkshake -360kcal 9g fat

Apple pie – 300kcals 15g fat

Total: 2260Kcals 121g fat, 7.6g salt

To compromise

Hamburger 270kcal 9g fat

Small fries 210kcal 10g fat

Chocolate chip cookie 170kcal 10g fat

Total: 650kcal 29g fat, 2.1g salt

To be truly virtuous

Chunky chicken salad 142kcal 4g fat

Vanilla reduced fat ice cream 150kcal 4.5g

Total: 292 kcal 8.5g fat, 1.2g salt

Italian

To pile on the pounds

Two slices of pepperoni stuffed crust medium pizza

Total : 1050kcal 32g fat, 4.4g salt

To eat healthily

Two slices chicken veggie medium pizza

Total 240kcal 6g fat, 1.5g salt

Chinese Meals

Don't opt for convenience food because the calories soon mount up...

Item	Energy (Kcals)	Fat (g)
Sharwoods Ready to Eat Prawn crackers (30g)	155	9.1
Sweet & Sour Chicken (5 pieces – 130g)	346	18.0
Sharwoods Egg Fried Rice (250g)	450	5.0
Total	951	32.1

Instead, cook your own Chinese meal from scratch...

Sweet & Sour Chicken and Veg

<http://www.bbcgoodfood.com/recipes/1162660/sweet-and-sour-chicken-and-veg>

Servings: 4

Ingredients:

- 425g can pineapple chunks, drained, juice reserved
- 2 tbsp each tomato ketchup, malt vinegar and cornflour
- 1 tbsp vegetable oil
- 1 onion, chopped
- 1 red chili, deseeded and sliced
- 1 red and green pepper, chopped
- 2 carrots, sliced on the diagonal
- 2 skinless chicken breasts, thinly sliced
- 125g pack baby corn, sliced lengthways
- 2 tomatoes, quartered
- Cooked rice, to serve

Method:

1. Make the sweet & sour sauce by whisking together the pineapple juice, tomato ketchup, malt vinegar and cornflour. There should be 300ml - add water or stock if you're short.
2. Heat the oil in a frying pan or wok over a high heat. Add the onion, chilli, peppers, carrots and chicken and stir-fry for 3-5 mins until the vegetables are starting to soften and the chicken is almost cooked.
3. Add the corn and sauce. Bubble for 2 mins, add tomatoes and cook for 2 mins until the sauce thickens, the chicken is cooked and the vegetables are tender.
4. Serve with rice.



Item	Energy (kcal)	Protein (g)	Carbohydrate (g)	Of which Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Salt (g)
Sweet & Sour Chicken & Veg	230	20.0	30.0	24.0	4.0	1.0	4.0	0.26
Tesco Long Grain Rice (75g)	270	6.0	57.8	Trace	1.1	0.2	0.8	Trace
Total	500	26.0	87.8	24.0	5.1	1.2	4.8	0.26

Track your daily food diary with www.myfitnesspal.com

Indian Meals

Don't opt for convenience food because the calories soon mount up...

Item	Energy (kcal)	Protein (g)	Carbohydrate (g)	Of which Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Salt (g)
Tesco Counter Mini Lamb Samosa (1)	65	2.1	5.7	0.5	3.7	0.6	0.5	0.2
Tesco Chicken Korma (350g)	610	43.8	20.7	13.3	38.2	14.0	2.4	2.3
Tesco Pilau Rice (270g)	415	8.5	76.5	0.8	8.1	0.8	2.4	1.3
Total	1090	54.4	102.9	14.6	50.0	15.4	5.3	3.8

Instead, cook your own Indian meal from scratch...

Prawn Curry in a Hurry

<http://www.bbcgoodfood.com/recipes/4402/prawn-curry-in-a-hurry>

Servings: 2

Ingredients:

- 2tbsp curry paste
- 1 onion finely sliced
- 200g large raw or cooked prawns, defrosted if frozen
- 400g can of chopped tomatoes and garlic
- Large bunch coriander leaves and stalks chopped



Method:

1. Drizzle some oil from the curry paste jar into a wok or large frying pan, gently heat, then add the onion.
2. Sizzle over a low heat for 4 mins until the onion softens, then stir in the paste and cook for a few mins longer.
3. Stir in the prawns and tomatoes, and then bring to a simmer. If using raw prawns, simmer until they have changed colour and are cooked through.
4. Add the coriander just before serving

Item	Energy (kcal)	Protein (g)	Carbohydrate (g)	Of which Sugars (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Salt (g)
Prawn Curry in a Hurry	166	22.0	11.0	8.0	4.0	1.0	3.0	1.08
Tesco Basmati Rice (75g)	270	6.4	58.1	0.2	0.8	0.2	1.4	Trace
Total	436	28.4	69.1	8.2	4.8	1.2	4.4	1.08

Track your daily food diary with www.myfitnesspal.com

Nutrition Breakdown of Take-Aways

	Cal/Kcal	Fat
McDonalds		
Big Breakfast	591	36.3g
Big Mac	490	24g
Cheeseburger	295	12g
Chicken McNuggets (6)	250	14g
French Fries (Medium)	330	16g
Hamburger	250	8g
Milkshake (Medium Vanilla)	390	7g
Pizza Hut		
Garlic Bread, Portion	386	19.6g
Garlic Bread with Cheese	618	35.3g
Lasagne, Portion	669	29.2g
Margherita Medium Pan, per slice	238	10g
Meat Feast Medium Pan, per slice	324	16.2g
Supreme Medium Pan, per slice	291	1.3g
Fish & Chip Shop		
Bag of Chips	239	12.4g
Fish & Chips	838	48.3g
Doner Kebab	745	49g
Chinese Take-aways		
Sweet & Sour Pork with fried rice	516	38.6g
Chicken Chow Mein	536	31g
1x small Spring Rolls	100	7g
Lemon Chicken	512	32g
Chicken Chop Suey (450g)	362	21g
Indian Take-aways		
Lamb Curry	512	33g
Onion Bhaji	355	24g
Chicken Madras	431	25g
Vegetable Samosa x 1 piece	252	13.2g
Chicken Tikka Masala with Pilau rice	1064	59.9g
Chicken Korma	669	51g
KFC		
Chicken Fillet meal	761	30.4g
Original Twister meal	888	46.2g
Zinger Tower meal	888	38.4g

Think Before
You Drink

Think Before You Drink

So far we have focused a lot on food, but most of what we drink also contains calories so it's a good idea to make sure you're keeping a close eye on those liquid calories.

Is your regular latte, flavoured water or evening tippie sabotaging your best efforts to lose weight?!

So what are the common offenders and where could you be going wrong?

Did you know?

That one of the first signs of dehydration is tiredness!

Reach for a glass of water instead of a snack.

DOUBLE CHOCOLATY CHIP
FRAPPUCCINO



The equivalent of one hundred and twenty
SKITTLES.



PEPPERMINT
WHITE CHOCOLATE MOCHA



The equivalent of 3.7 cans of
COCA COLA



How much fat and how many calories in Starbucks drinks?

Hot Chocolate with Whip cream Grande Whole Milk - 23.5g fat, 448 cals



Cafe Latte Grande Whole Milk with flavoured Syrup- 11.4g fat, 301 cals



Cafe Latte Grande Whole Milk - 13.8g fat, 265 cals



Cafe Latte Grande Skimmed Milk - 0g fat, 163 cals



Cappuccino Grande Skimmed Milk - 0g fat, 96 cals



How much fat and how many calories in Costa coffees?

Massimo (Large) Hot Chocolate with Whole Milk - 17.5g fat, 464 cals



Large Gingerbread Latte Whole Milk (flavoured syrup) - 14.7g fat, 332 cals



Large Cafe Latte Whole Milk - 14.4g fat, 259 cals



Large Cafe Latte Skimmed Milk - 0.7g fat, 141 cals



Large Cappuccino Skimmed Milk - 0.8g fat, 118 cals



Caffeinated Drinks

Caffeine is a Stimulant

Tea and coffee contain caffeine, which is a stimulant. This means caffeine can temporarily make us feel more alert or less drowsy. Caffeine affects some people more than others, and the effect can depend on how much caffeine you normally consume.

Caffeine is a Diuretic

Caffeinated drinks can also make the body produce more urine. Some people are more susceptible to this than others, but it also depends on how much caffeine you have and how often you have it.

It's fine to drink tea and coffee as part of a balanced diet. In general we should aim to limit the number of cups of tea or coffee to 2-3 per day. Try to alternate between a caffeinated drink and a non-caffeinated drink.

Caffeine can Increase Anxiety & Tiredness

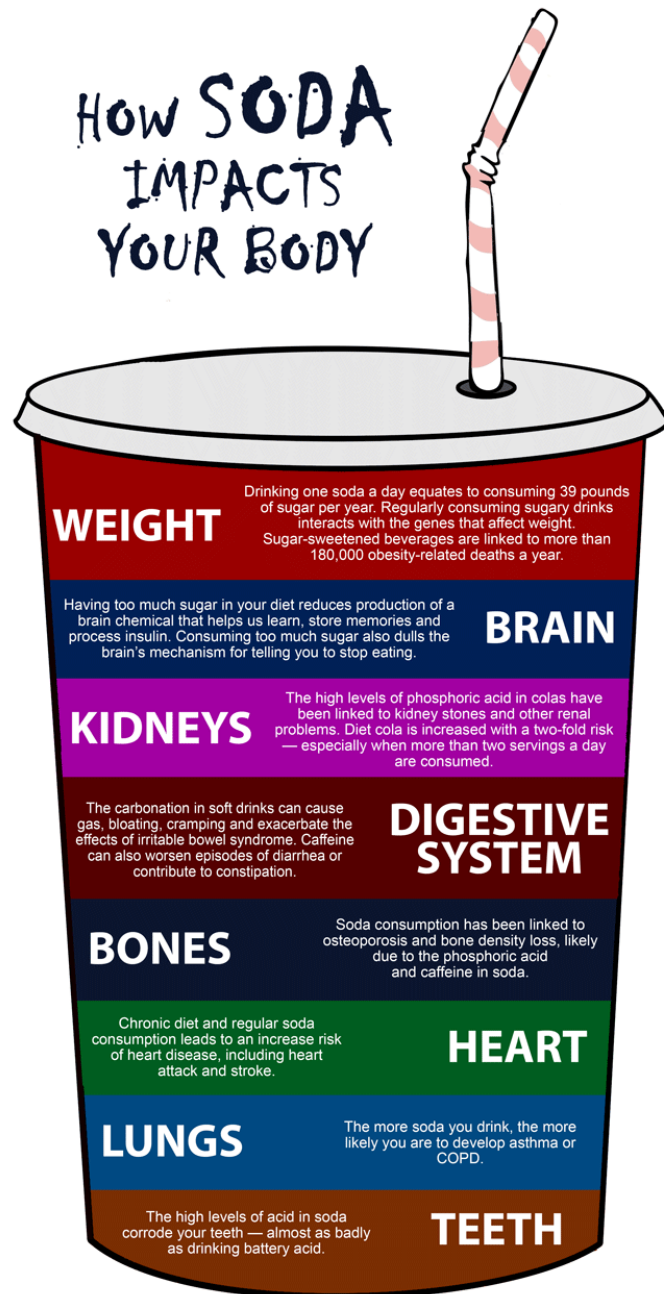
Too much caffeine can make you more anxious than normal. This is because caffeine can disrupt your sleep and also speed up your heartbeat. If you are tired, you are less likely to be able to control your anxious feelings.

The Royal College of Psychiatrists recommends that anyone feeling tired should cut out caffeine. It says the best way to do this is to gradually stop having all caffeine drinks (and that includes coffee and tea and cola drinks) over a three-week period. Try to stay off caffeine completely for a month to see if you feel less tired without it.

You may find that stopping caffeine gives you headaches. If this happens, cut down more slowly on the amount of caffeine that you drink.

Drink	Caffeine Content (mg)
Instant Coffee	80-100
Espresso (Arabica)	100-125
Tea	50
Green Tea	30
Coca-Cola	34
Red Bull	80

Fizzy Drinks



Recommended amounts of fluid for men and women

Eight 250ml glasses for women
Ten 250ml glasses for men



Water is the healthiest choice for quenching your thirst at any time. It has no calories and contains no sugars that can damage teeth.

Fruit Juice & smoothies

You might feel virtuous guzzling these but watch out. A small glass of cranberry or apple juice racks up nearly 100kcal and a small 250ml yoghurt based smoothie can be about 136kcal. You may find eating a piece of fruit more filling.

Calories in Alcohol



Drink Swaps

SWAP a pina colada for a mojito and save 326kcal

SWAP a pint of larger for a larger shandy and save 100kcal

SWAP double rum & coke for a single vodka, lime & soda and save 107kcal

SWAP a large glass of white wine for a white wine spritzer with soda and save 35kcal

Did you know a standard glass of wine contains as many calories as a small chocolate and a pint of larger has many calories as a packet of crisps?

The problem is, most of us just don't think of alcohol as being calorific. So, while we might go easy on the single cream when eating desserts, we wouldn't think twice about knocking back a couple of pints. In fact, the calorie content of two pints is similar to that a full glass of single cream.

A beer- drinker knocking back just five pints a week would add a whopping 44,200kcal over a year, equivalent to 221 doughnuts.

Tips to Avoid Weight Gain

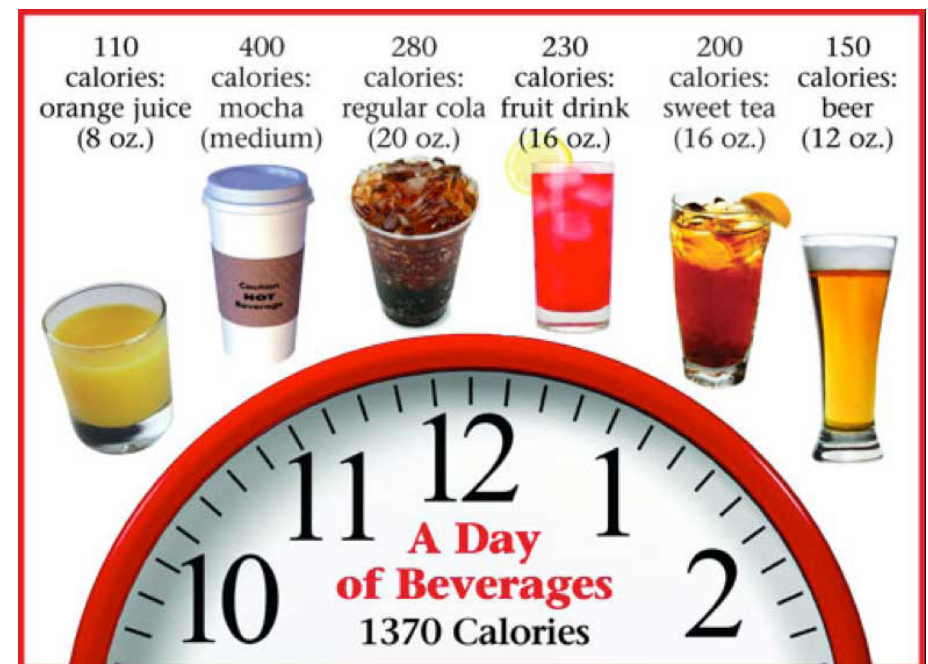
- Choose drinks with a lower ABV (alcohol by volume) instead of your usual tippie. There's an increasing range of lower alcohol choices available and with fewer calories.
- Don't drink on an empty stomach, as this can lead to snacking.
- Avoid 'binge drinking'. Drinking a large amount of alcohol over a short period of time may be significantly worse for your health than frequently drinking small quantities.
- Eat a healthier dinner before you start drinking. Order or cook before you start drinking so you're not tempted to go for the less healthy options.
- Alcohol contains lots of calories — seven calories a gram in fact, almost as many as a gram of fat. If you add a mixer this can also equal additional calories.

Calories in Alcoholic Drinks

Type of Drink	Brand	ABV %	Volume		Units	Calories
Lager	Stella	4	Can	440ml	1.8	150
			Pint	568ml	2.3	193
		4.8	Can	440ml	2.1	180
			Pint	568ml	2.7	233
	Fosters	4	Can	440ml	1.8	132
			Pint	568ml	2.3	170
	Carling	4	Can	440ml	1.8	145
			Pint	568ml	2.3	187
Ale	John Smith's	4	Can	500ml	2	160
			Pint	568ml	2.3	182
Stout	Guinness	4.1	Can	500ml	2.1	185
			Pint	568ml	2.3	210
Cider	Gaymers	5.5	Can	440ml	2.4	194
			Bottle	568ml	3.1	250
	Magners	4.5	Can	440ml	2	180
			Bottle	568ml	2.6	232
Wine	Red	12	Small glass	125ml	1.5	85
			Medium glass	175ml	2.1	119
			Large glass	250ml	3	170
		13	Small glass	125ml	1.6	85
			Medium glass	175ml	2.3	119
			Large glass	250ml	3.3	170
	White	12	Small glass	125ml	1.5	93
			Medium glass	175ml	2.1	130
			Large glass	250ml	3	185
		13	Small glass	125ml	1.6	93
			Medium glass	175ml	2.3	130
			Large glass	250ml	3.3	185

Type of Drink	Brand	ABV %	Volume		Units	Calories
Spirit	Gordon's Gin	37.5	Single	25ml	0.9	56
	Gordon's Gin & Tonic	37.5	Single	25ml	0.9	120
	Gordon's Gin & Slimline Tonic	37.5	Single	25ml	0.9	56
	Smirnoff Red	37.5	Single	25ml	0.9	56
	Smirnoff Red & Coke	37.5	Single	25ml	0.9	120
	Smirnoff Red & Diet Coke	37.5	Single	25ml	0.9	56
	Bells	40	Single	25ml	1	61
	Captain Morgan	40	Single	25ml	1	61
	Famous Grouse	40	Single	25ml	1	56
	Jack Daniels	40	Single	25ml	1	56
	Jagermeister	35	Single	25ml	0.9	63
Alcopops	Bacardi Breezer	4	Bottle	275ml	1.1	154
	Red Square	5.1	Bottle	275ml	1.4	206
	Smirnoff Ice	4	Bottle	275ml	1.1	157
	VK Vodka Kick	4	Bottle	275ml	1.1	187
	WKD	4	Bottle	275ml	1.1	184

What's Your Daily Beverage Consumption?



ENERGISE

By Activ8 Health & Fitness

