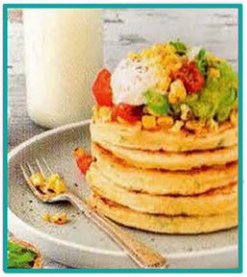
Your New Slimming Clinic

Doctor Supported Weight Loss

Diet Guide

Introduction To Weight Management



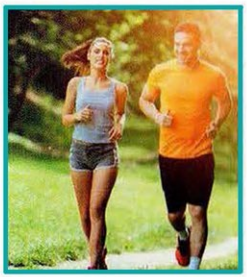
Firstly, let's get this said right from the beginning "there is no magic cure for being overweight". It takes time to put weight on and will take time and willpower to lose it! Weight loss isn't instant.

The only way to lose weight permanently is to change your lifestyle (eating habits and activity levels) for the long term.

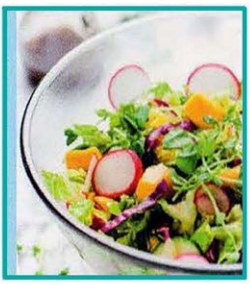
> "The only way to lose weight permanently is to change your lifestyle, eating habits and activity levels for the long term"

Crash or fad diets can appear very attractive but those of us who have tried them already know that, in the long run, they don't work.

Of course very low calorie diets or diets that severely restrict your food intake will force your body to lose weight but how long does it take to put the weight you lost **AND** more back on? Not long I'll bet. Everyone knows it's difficult to stick to a diet. Therefore what we are offering is a life long eating plan. The secret to successful weight loss is simple **"eat fewer calories than your body uses"**. However, in this fast food, convenience food, eat quick world we live in calorie counting is not easy without real help. So, how do you lose weight? Well, first you have to start to understand the food you eat and come to terms with your diet.



It isn't a quick fix, it's a lifestyle change that allows you to enjoy your food without over indulging. It's a programme of healthy eating combined with a little exercise to get your metabolism working for you instead of against you.



In this guide we try to explain the healthy lifestyle process to you and also try to make it as painless as possible. But remember, we can't do it for you. All we can do is be there for you to help and advise you along the way.

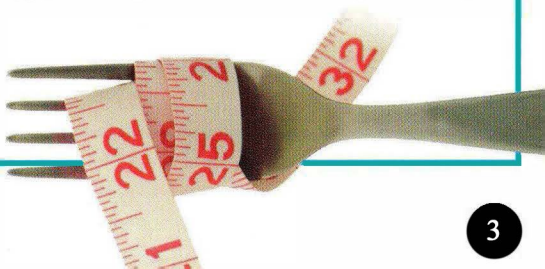
Being Overweight Can TakeYears Off Your Life

- Increased Blood Pressure.
- Increased Risk Of Coronary Heart Disease.
- Increased Risk Of Diabetes.
- In Women, Increased Risk Of Breast And Uturine Cancer.

"Proper Weight Maintenance Is Very Important In Establishing Optimum Health & Vitality"

Helpful Tips

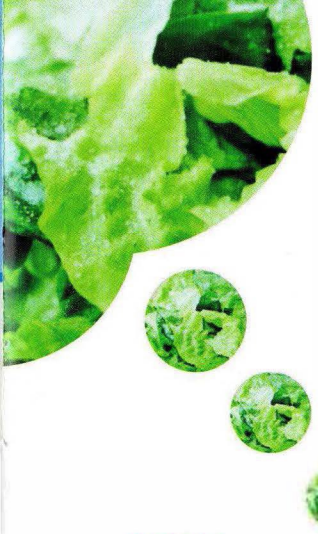
- Keep a food diary (available at reception). Write everything down that you eat. This helps you understand your eating patterns and re-establish a sense of control. something most over weight patients and long term up-and-down-dieters feel they have lost.
- Even your cheats must be written down and accounted for use in the diet diaries provided; this will bring your food problems out into the open. Many dieters are unwilling to face up to eating difficulties they are ashamed of.
- Avoid situations of boredom and anxiety when you might seek comfort or stimulation from food. Build more activities into your day to break the common dieter's obsession with eating.
- Eat only when you are genuinely hungry - and not when your watch says lunchtime!
- A typical dieter's mistake is to try to do without food as long as possible which is totally unrealistic. If you push yourself too far, you become ravenous and lose the self control that is necessary to make prudent food selections. This is the time that you will consume anything that doesn't bite back.
- We all need to eat! Knowing that it is safe to eat, and that you can do it without feeling guilty is a crucial part or re-establishing healthy eating patterns.
- Aim for regular meals. Eating smaller regular portions is much better than fasting and then over indulging in one or two meals a day.
- No matter how unappealing exercise seems to be, you must increase your level of activity. Aerobic exercise is a powerful fine tuning mechanism to help the body restore proper metabolism.



Helpfull Tips

- Best weight shifters: brisk walking, steady jogging, swimming or cycling for 20-30 minutes at least 3-4 times a week.
- Put more effort into everything you do. Walk faster, walk more, climb the stairs faster, move around the home rather than slumping in the chair. THINK ACTIVE!
- Cut down on alcohol - it has a lot of calories, virtually no nutrients and it only stimulates your appetite.
- Go for strong savoury snacks rather than chocolate bars and cream cakes. Marmite on thin rye bread or crudites with a low calorie dip.
- Cut back on fat. Now and forever. This is the most important dietary factor in helping you lose weight.
- Eat slowly. Leave a little food on your plate to break eat-it-all up conditioning.
- Changing your attitude. Concentrate on how you feel rather than agonising over every ounce gained. ACCEPT that you are not going to be transformed overnight. You want a lean, healthy streamlined body with an efficient metabolism. This means eating a good mixed diet, taking plenty of exercise and recognising that your change of shape will occur over a period of months, not days or even weeks.

" Hunger is quite often merely a craving for thirst"



Healthy Eating Plan

To achieve a sustainable weight loss we have to look at our long term eating habits. Crash dieting does work in the very short term but in the long run, when we try to return to normal eating habits, the weight piles back on. We are also more likely to deprive ourselves of vital nutrients that are essential to us all.

This eating plan aims to restore your body's ability to burn unwanted fat by giving it quality nutrition.

AVOID

These foods are high in sugar and are best avoided.

All sweets including chocolate. sugar and foods with added sugar. Pastries, cakes and biscuits. Snack foods such as crisps and packet salted nuts. High fat spreads and mayonnaises. High fat and processed meats. Rich sauces with cream or eggs. High fat cheeses. Deep fried foods.

LIMIT

Try to keep these foods to a minimum.

Salad dressings, vegetable oils and butter, nuts, all cheeses, white bread, whole milk, eggs, tea and coffee, alcohol.

INCREASE

These foods should form a substantial part of your diet. They are generally low in fat and high in essential nutrients.

All vegetables, all fish, fruit, all lentils, beans and peas. Skinless turkey/chicken meat (preferably breast), white fish, wholegrain products, low fat soya products, oats, rice cakes, skimmed milk, herbal teas, water.

Water plays an essential role in the body's function. By drinking two or three pints of water per day, you increase your potential to utilise the nutrients in your diet, thus aiding the fat loss programme. You will also decrease the potential for fluid retention. So remember to drink more water!

Also, try to avoid tea, coffee and soft drinks. If you are hungry mid-morning or mid-afternoon then have a piece of fruit. Nothing else!

Remember, everyone is individual with different lifestyles and nutritional requirements. If you have any health conditions that may be adversely affected by a change in your diet, please discuss this with your doctor before commencement.

PRIMARY RULES

FIRST (and most important) RULE

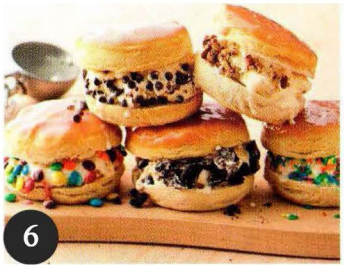
1 Cut down on sugar, fat and alcohol. If you do nothing else this one step alone will cause you to lose weight. Everything else we are going to discuss and recommend in this Guide Book is secondary to this one rule.

SECOND RULE

2 Increase your activity levels, this doesn't have to be in a gym, any form of activity counts!

THIRD RULE

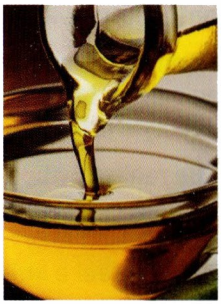
3 Watch your portion sizes. A good trick to use here is to use a smaller sized plate which tricks your brain into thinking you are eating a bigger meal.



How To Eat Less Fat

There are 4 main types of fat: saturated, polyunsaturated, monounsaturated and trans-fats. Trans-fats are man-made, highly dangerous fats found in cakes, biscuits and processed foods. We should all be eating as little of these foods as possible.

Saturated fats are found in animal products - butter, fatty meat, cheese, cream, pate etc. These fats contribute to high cholesterol and heart disease so stay clear.



Polyunsaturated fats are found in margarine, sunflower, safflower, sesame, corn, soya, linseed oil, oily fish, various nuts and seeds. These can help reduce total cholesterol levels and are better than saturates. Monounsaturated fats are known as the "good fats" but are still fat! These reduce bad cholesterol whilst increasing good cholesterol and improve blood flow. They are found in olive oil, rapeseed, avocado, peanut oil and in peanuts, almonds and cashews.

The general rule is to cut down on all fats, whatever the type. Check food labels for fat content, a low fat food contains 3g fat per 100g or less. A high fat food is lOg per 100g. Here are some tips on ways to reduce your fat intake:

• Butter - contains saturated fat, instead try a low fat spread, olive oil based ones contain monounsaturated fats.

Milk - use skimmed or semi skimmed instead of full fat. If using soya make sure it contains added calcium for your bones. Avoid cream and all foods containing cream.

Cheese - there are a range of half fat/lower fat cheeses out now. Try these out and also consider switching to cottage cheese, brie or edam instead of high fat hard cheese such as cheddar. The general rule is softer cheeses are lower in fat.

How To Eat Less Fat

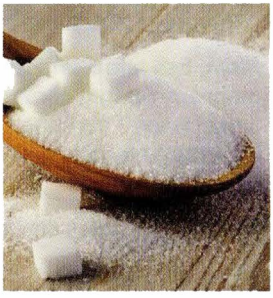
• **Chicken** - this is a great source of protein but always remove the skin and go for the white meat not the brown.

• **Meat** - choose the leanest cuts of meat. Meat products such as sausages, pies and burgers are often very high in fat and should be avoided.

• **Hidden Fats** - many foods contain "hidden fats" but, with today's food labelling regulations, it is much easier to see what these are.
Always check the food label for the fat content. In general avoid biscuits,crisps,croissants,cakes, chocolate, fudge, chips, nuts, full fat yogurts,
desserts, ice cream, mayonnaise and salad cream. Even the so called "low fat" versions of these can still be high in fat and sugar so be careful!

• **Cooking** - do not fry food - there is always a healthier way, Boil, bake, grill, steam, poach, roast or even microwave are all better for you than frying. If you have to fry, use a low calorie oil spray.

How to eat less Sugar

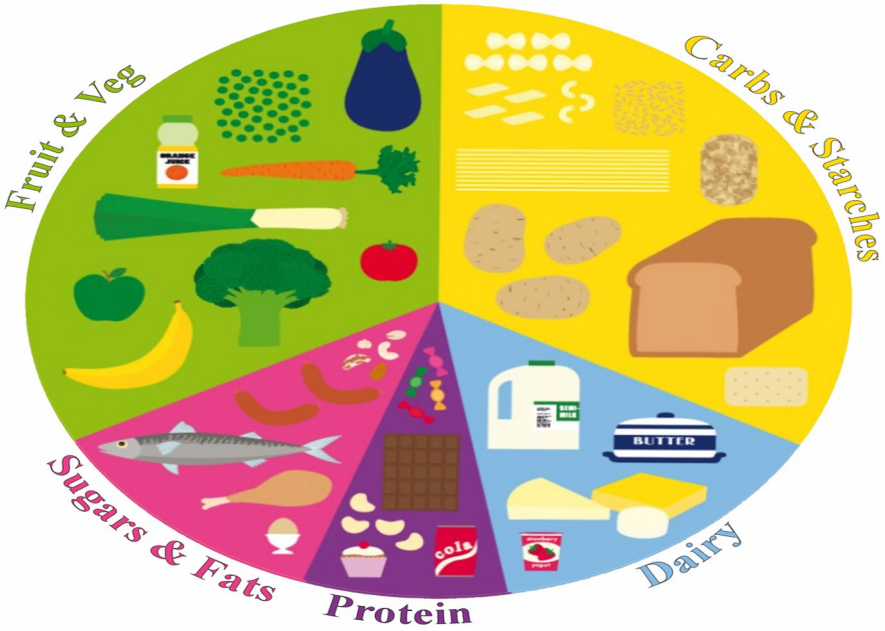


• **Sugar** - contains 16kcals per teaspoon and any excess sugar is converted into fat. But it's not all bad news, there are now several very good sugar substitutes on the market. Carry around a small pack to use in your tea and coffee and also substitute it for sugar in all your cooking recipes.

• **Use sugar-free** or reduced-sugar jams, yogurts desserts and dressings.

• **Only** eat cakes, biscuits and sweet puddings as an occasional treat. Check food labels for low sugar versions 5g per 100g is low sugar, 15g per 100g is high sugar.

The Eat Well Plate



Your daily food intake should be balanced as the picture shows with 1/3 being starchy carbohydrates, 1/3 fruit and vegetables and the remainder being protein foods with as little fatty and sugary foods as possible.
Each main meal should contain a form of carbohydrate and some fruit/vegetables.

Starchy Carbohydrates - includes all forms of bread, pasta, rice, noodles,

cous cous, potatoes, chapattis, oats, rye and cereals. These foods provide the body with energy but large portions will result in weight gain.

Choose wholegrain, high fibre, wholemeal or brown versions of these where possible. Keep portions small and don't add extra fat, oil or margarine to them.

Include at each meal:-

Fruit and vegetables - can be fresh, frozen, tinned (in natural juice, not syrup) or dried. Eat 5-9 portions a day and fill up on these. A portion fits in the palm of your hand - 2 Satsumas, 2 tbsp vegetables. Eat at each meal time and as snacks.

Meat, fish and alternatives - choose lean versions, remove the skin from poultry and skim/drain any fat that comes off when cooking meat. Eat red meat no more than twice a week and aim for 2 portions of fish a week, of which one should be oily as these fish contain the important omega 3 oils (haddock, salmon, trout, mackerel, herring, sardines, pilchards, and fresh tuna).

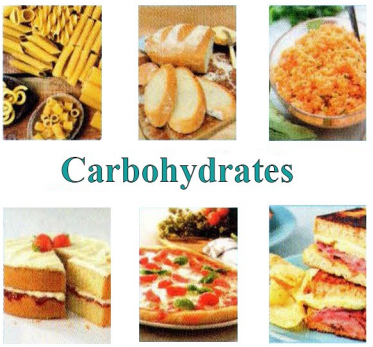
3-4 eggs per week can be safely included in a healthy diet.

Vegetarian options include beans and pulses, tofu, soya, quorn, nuts and seeds.
If you are not a vegetarian these are also good alternatives to try in main meals, they are often low in fat and high in nutrients. For example try adding beans and pulses to soups, stews and casseroles.

Portion Sizes

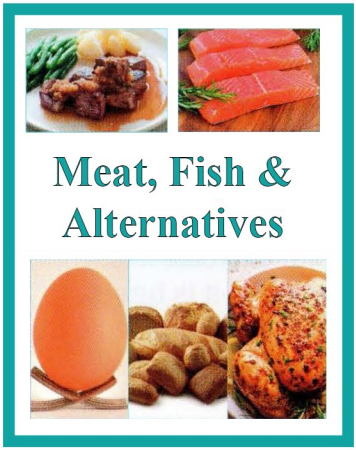
Carbohydrates

3 egg sized potatoes
150g cooked baked potato (the size of your fist)
1 small pitta bread or chapatti
1 bagel
5 tbsp breakfast cereal (30-40g)
2 wholewheat breakfast cereal biscuit (ie weetabix) 3 tbsp of rice (40g raw, 120g cooked)
3 tbsp pasta or noodles (40g raw,150g cooked)
2-3 ryvita or cracker biscuits
2-3 tbsp oats
2 slices of bread



How Much Should You Eat ?

Meat, Fish And Alternatives



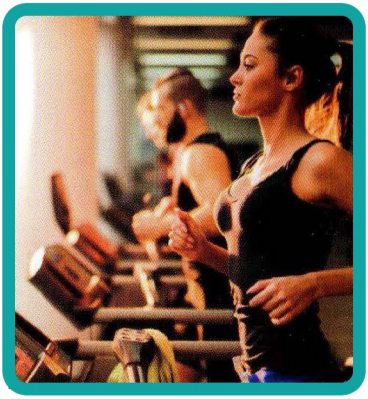
50g lean red meat (no more than twice a week)
70-809 white meat and poultry
1 00g fish
2 eggs (no more than 4 a week)
40g hard cheese (small match box size) or 60g reduced fat cheese
2 heaped tbsp (1 00g) low fat cottage cheese 1 tbsp or 1 triangle of low fat soft cheese
3 tbsp (1 00g) beans or pulses
1 00g soya or tofu

Exercise For Everyone

Why should you exercise?

Wouldn't it be great if a magic potion existed that could help you manage your weight more effectively, help you live longer, handle stress better, lessen your chance of disease and keep you positive and productive?

Put your car a little further away from the shops



Surprise! Although it's not magic, physical activity on a regular basis can lead to a variety of great benefits. Regular exercise is an important part of any diet and fitness programme. Exercise not only increases your metabolism and burns calories, it also tones and firms the muscles of your body. In addition, regular physical exercise will give you an energy boost as well.

Take the stairs instead of the lift

Be dynamic with your housework

Getting Started

It is important to start at the level that is right for your ability and to progress at a rate that keeps you really interested. If you don't enjoy exercising, then you won't do it. So choosing a variety of activities that gives you pleasure is the key to keeping up the exercise that will give you the benefits you are looking for.

Variety is the the spice of life, so you need to make sure you have a good balance of activity that will not only burn calories but also improve muscle tone and flexibility such as walking, swimming and exercise classes.

Walk your children to school

You can also integrate exercise into everyday life in ways you probably haven't thought of before. Physical activity can take many simple forms. They do not have to be complicated to be effective.

Before commencing an exercise programme it is advised that you make an appointment to see a doctor or an exercise consultant to confirm that you are safe to continue and to advise you on the best course of action to achieve your personal goals. Exercising safely is the basis of any programme. If you are wearing the right clothing, paying attention to your body and its needs, and you stay within your exercise capacity, you will make steady progress with minimal risk of injury and maximum chance of keeping those results!

Diet Plans

How much should I eat? This is always a tough questionAnd depends on several factors. As everyone is individual, there are three different calorie controlled diet Plans for you to choose from. Along with the guidance below your doctor can advise you on the right one for you.

The average energy requirement for men is 2500 kcals and four women 1900 kcals. However your energy requirement is also affected by a number of factors Including your weight (larger bodies need more energy). Your activity level (the more active you are the more energy you burn) and your age (the old are you are the less energy you burn). Try to take these three factors into account.

Meal ideas have been given below but look around in low fat cook books,on the Internet And in magazines for more ideas,As long as they are low-fat and fit into the calorie allowance you are okay.

Milk Allowance - ½ pint semi skimmed or ¾ pint skimmed

Diet Plan - 1,000kcals	Lunch - 250 kcals	Dinner - 250 kcals
Breakfast - 250 kcals	Small portion of meat, fish or alternatives	1 portion of meat, fish or alternatives
1 serving of carbohydrate	1 portion of fruit/vegetables	2 portions of fruit/vegetables
1 portion of fruit/vegetables	1portion of carbohydrates	1 portion of carbohydrates

Snacks Approx 50 kcal per 1 Portion

Diet Plan 1,500kcals

As per 1,000 kcals for breakfast, lunch & dinner but add in 2 snacks of 250kcals each, see snack list for ideas.

Diet Plan 2,000kcals

As per 1,000kcals for breakfast, lunch & dinner but add in 4 snacks of 250kcals each, see snack list for ideas.

Breakfast - 250 kcals

Eat Breakfast Every Day

(Choose One)

130g porridge made with semi-skimmed
milk and 1 tbsp raisins
1 small glass of apple juice.

or

2 slices of wholemeal toast with a scraping of low
fat spread with 1 tsp of jam or marmalade on each.
1 portion of fruit. tea or coffee.

or

1 slice of wholemeal toast topped with 1 scrambled egg
and grilled tomatoes.
tea or coffee.

or

40g bran flakes topped with 1 sliced banana or other fruit,
served with milk from allowance. tea or coffee.

or

2 weetabix with 1tbsp of dried fruit and
milk from allowance.
tea or coffee.

or

30g muesli served with 150g low fat yoghurt
and a splash of milk.
tea or coffee.

or

Cinnamon and raisin bagel with a
scraping of low fat spread.
tea or coffee.

Lunch

Be realistic about your goals

(Choose One)

1 toasted bagel topped with 2 tbsp cottage cheese or 1 tbsp low fat soft cheese and slices of cucumber and tomato, 1 piece of fruit.

or

3 ryvitas topped with 1 tbsp houmous, served with salad, 150g low fat fromage frais.

or

Rice salad made from 3 tsp boiled rice, 45g tuna, 1 tbsp each of sweetcorn, kidney beans, peppers and 1 tbsp of fat free french dressing 1 piece of fruit.

or

1 /2 tin of low calorie soup served with 2 slices of wholemeal toast with a thin scraping of low fat spread, 1 piece of fruit.

or

1 slice of wholemeal toast with a scraping of low fat spread topped with 1 poached or boiled egg, grilled mushrooms and tomatoes, 120g low fat rice pudding.

or

2 slices of wholemeal bread with 2 thin slices of ham and 20g of low fat cheddar and salad.
Use mustard or salad cream instead of low fat spread, 150g low fat fromage frais.

or

70g roasted chicken breast with 3 small new potatoes and salad drizzled with 1 tbsp of low fat dressing.

Dinner - 450 kcals

1 medium sized baked potato served with 100g of baked beans and 1tbsp cottage cheese. Large helping of salad. 1 portion of fruit.

or

1 serving of cooked pasta (150g) with 1 00g tomato based pasta sauce mixed with large portion of vegetables, topped with a sprinkle of low fat cheese. Stewed fruit with 150ml low fat custard.

or

Fish pie made with 50g white fish and 40g prawns and a white wine sauce made with skimmed milk. Top with mashed potato made with low fat spread. Serve with vegetables. Fruit salad and low fat yogurt.

or

Chilli and rice made with 50g extra lean mice, 2 tbsp kidney beans, onions, garlic, chopped tomatoes and spices. Serve with 120g boiled rice and a green salad.
Very low fat fromage frais.

or

80g roast chicken with 2 small potatoes roasted using a dash of oil and some water. Serve with mixed vegetables and gravy.
Fruit salad.

or

Tomato and mozzarella salad made with 2 tomatoes, 50g low fat mozzarella, 1 /2 head lettuce, handful of sprouted seeds.
Dress with ltsp olive oil and 1 tsp balsamic vinegar and serve with 2 slices of rye bread or a granary roll.

or

Salmon parcel - place 1 salmon fillet in a square of foil.
Top with slices of lemon, herbs. Seal foil and cook at gas mark 4 for 15 minutes,Serve with 3 boiled potatoes and a plate of salad.

Snacks - 250 kcals

35g malt loaf

2x toast with 15g peanut butter

cereal bar and apple

current bun with 1 tsp of jam and 200 ml glass of milk

2 oatcakes and 50g soft cheese

2 x wholemeal toast with a thin scraping of margarine and 1 tsp jam on each

30g Muesli and 150 low fat yogurt and a dash of milk, 1/2 banana and a handful of frozen berries

30g cereal with milk

2 fig rolls with piece of fruit

1 tbsp low fat houmous and 1 wholemeal pitta toasted with salad

50g bag twiglets

40g mixed nuts

200g low fat rice pudding and 1tbsp jam

200m1 fruit juice with 3 jaffa cakes

Vegetarian Weight Reduction Diet

You can lose weight successfully on a healthy vegetarian diet. Vegetarian diets can be healthy and nutritionally sound if they're carefully planned to include essential nutrients. However, a vegetarian diet can be unhealthy if it contains too many calories and/or saturated fats and not enough important nutrients. A well-balanced vegetarian diet tends to be full of fibre, vitamins, minerals, antioxidants and lower in fat and cholesterol. It is important to include a variety of foods to ensure your body gets the nutrition it needs and to keep your diet interesting. There are several nutrients which have particular importance and these should be included in your diet on a daily basis.

Protein

Your body needs protein to maintain healthy skin, bones, muscles and organs. These are built from the building blocks known as amino acids. Protein from a vegetable source is lower in fat and higher in fibre than meat and fish, however it does not provide a complete set of all the essential amino acids that the body needs to build proteins. Therefore it is important to eat a range of different protein sources to provide the body with all the amino acids it needs.

Pulses + grains = complete protein (baked beans on toast) Pulse + seeds= complete protein (hummous and sesame seeds)

Vegetarian sources of protein include animal sources: eggs, dairy products (milk, cheese and yogurt) and vegetable sources: beans, pulses, soy products, tofu, nuts, seeds and wholegrain. Choose low fat versions of

milk, cheese or yogurt and ensure you include some vegetable sources of protein in your diet each day.

If using soya milk ensure it is enriched with calcium.

Pulses (4-6 oz, 100-1209 serving), can be tinned, frozen or dried. Most dried pulses should be soaked overnight and then cooked thoroughly by boiling. When using tinned versions soaking is usually not necessary .

Vegetarian Weight Reduction Diet

Calcium:

This mineral helps build and maintain strong teeth and bones. One pint of skimmed milk or 4 small low fat yogurts per day will provide you with all the calcium that you need. Aim for 3-4 servings of calcium rich foods per day e.g. milk, yogurt, fromage frais and cheese. Green vegetables, such as spinach, turnip, collard greens, kale, broccoli, sesame seeds, almonds and dried apricots are also good sources of calcium. Tofu enriched with calcium, fortified soya milk and fruit juices are other options.

Vitamin B-12:

Your body needs vitamin B12 to produce red blood cells and prevent anaemia. Only small amounts are needed but this vitamin is found almost exclusively in animal products. Milk, cheese and eggs should provide enough but also savoury spreads such as Marmite and Vegemite are excellent sources along with some fortified breakfast cereals - check nutrition labels.

Iron:

Like vitamin B-12, iron is a crucial component of red blood cells. It is less well absorbed from vegetable sources than meat so it is important to ensure a regular intake. Include beans, peas, lentils, fortified breakfast cereals, wholegrain foods, dark leafy green vegetables, curry powder and dried fruit.
To help your body absorb iron more effectively eat foods rich in vitamin C - such as fruit and vegetables or drink a glass of orange juice with your meal. Avoid drinking tea or coffee with your meal as it stops iron from being absorbed.

Zinc:

This mineral helps with the healing of wounds and is vital for healthy skin, a healthy immune system and resistance to infection. A vegetarian diet often contains less zinc than a meat based diet and so it is important for vegetarians to eat plenty of foods that are rich in zinc.
Good sources are dairy products, beans, lentils, yeast, nuts, seeds and whole grain cereals. Pumpkin seeds provide one of the most concentrated vegetarian food sources of zinc.

Meal Plans:

Follow the guidance in this diet booklet to choose, with your doctor, the right diet plan for you: 1.000kcal. 1.500kcal or 2.000kcal

Fruit Options

- FRESH FRUIT: include more unusual fruits like kiwi fruit, pink grapefruit, mango, loganberries, redcurrants, cantelope melon, passion fruit, kumquats.
- BAKED FRUIT: baked apples and cinnamon.
- STEWED FRUIT: NO sugar, but add sweetener and spices to taste.
- TINNED FRUIT IN NATURAL JUICE.
- FRUIT JELLY: use low calorie squash and gelatin.
- NATURAL LOW FAT YOGURT.
- DIET YOGURT: very low fat and sugar free yogurts in a variety of flavours.
- DIET FRUIT FROMAGE FRAIS: low calorie, low fat, low sugar.
- FRUIT FLUFFS: example , Rhubarb and Ginger Fluff - Puree stewed rhubarb with sweetener and ginger to taste. Mix in dissolved gelatin or agar and natural yogurt. Fold in the whisked up white of an egg. Pour into individual glasses and chill. The very occasional extra will not do your diet any harm.

BUT REMEMBER:
You must eat well from the wide variety of foods suggested - it does no good to just count the calories without looking at your overall pattern of eating and total nutritional intake.
Think positively about your diet, and let the whole family enjoy a healthy vegetarian diet

Vegetarian Lunches or Snacks Under 250 kcals

Baked beans on toast, 4oz beans on 1 /2 slice wholemeal toast. 1 banana.

Jacket potato with cottage cheese and chives. A 6oz potato baked in the oven or microwave, with 4oz cottage cheese.

Mixed bean salad on chinese leaves, with 2 rye crispbreads.

Flageolet, red kidney and black eye beans make a. colourful salad mixed with oil free dressing with herbs. Have a 6oz portion of low fat yogurt.

Cauliflower cheese. Make a sauce by the blending method using skimmed milk from allowance and 1 oz grated cheese. Add 1 /2 oz walnuts for an extra bite.

Lentil soup, a wholemeal bap and an orange.

Mushrooms on toast. Spread the toast with Marmite for a change. Boil or microwave the mushrooms in a little water. Low fat yogurt.

Jacket potato with baked beans or sweetcorn. Split a 6oz baked potato and fill with either 4oz either beans or sweetcorn and a grind or two of black pepper.

Wholegrain crispbreads with cottage cheese, celery and a tomato.

Have 2-3 crispbreads and a 4oz pot of cottage cheese and any salad vegetables you have available. Low fat yogurt.

Ratatouille and a wholemeal roll. A delicious mixture of onions, peppers, courgettes, tomatoes, aubergines, parsley, pepper and salt cooked together in a pan so the flavours melt together. Diet fromage frais.

Cheese and marmite on toast, with a tomato. Use 1.5 oz low fat cheddar grated and put on a slice of wholemeal toast smeared with marmite and brown under the grill. Orange or 2 satsumas.

Spiced lentil pate with 3 rye crispbreads. Make the pate by cooking red lentils with onion, then beat in some curd cheese and mild spices (like garum masala) and lemon. Put into a dish and chill. Fruit.

2 Poached eggs on spinach, with a slice of wholemeal bread and low fat spread.

Delicious Vegetarian Dinners

STUFFED BAKED COURGETTES WITH BRAISED CARROTS. Make stuffing with cooked aduki beans, canned tomatoes and rice.

PASTA AND BEAN JUMBLE Mix together whole wheat pasta shells, red and black kidney beans, onions and pepper, and have a 7-Boz serving.

LEEK AND BUTTERBEAN CHEESY BAKE. Leeks and butterbean's mixed with a low fat cheese sauce, and grated cheese melted on top.

LENTIL CURRY AND BROWN RICE with raita (1 /2 pot of natural yogurt with grated cucumber and crushed cumin seeds).

VEGETABLE HOT POT. A mixture of pulses and other vegetables with a layer of potato sliced on top.

STIR FRY VEGETABLES AND RICE. Quickly cook a mixture of finely sliced vegetables in a non-stick pan or wok, for example, green or red peppers, bean sprouts, mushrooms, and add soya sauce and ginger to taste.

ADUKI BOLOGNESE. Make a "bolognese" sauce with aduki beans, tomatoes, onions, oregano and garlic, and have a 6oz serving with 4oz boiled whole wheat spaghetti.

CONTINENTAL AND WALNUT BAKE WITH GREENS AND CARROTS.
Have a 6oz serving of bake made with continental lentils, chopped walnuts, sage, onion and thyme, oatmeal and bound with an egg.

AUBERGINE, TOMATO AND CHICK PEA CASSEROLE. Have a 6oz serving with a small pitta bread.

VEGETABLE RISOTTO. Cooked rice, sweetcorn, mushrooms, courgette's, peas and red kidney beans with any other low calorie vegetables you have available.

RED PEPPERS STUFFED WITH MUNG BEANS AND RICE, add a few raisins for a different flavour.

Make up your own Delicious Diet Dinners using a variety of the Interesting foods available from the vegetarian weight reducing diet, with plenty of low calorie salad foods and vegetables. There are several brands of low calorie vegetarian frozen meals which are readily available and useful when you have not had time to cook.

3 - 5 Days Only

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

High Protein Diet Short Term Use Only 3 - 5 Days

Bread substitute - 2 servings per day of 1 slice Melba toast, 1 bread stick or Ryvita type (plain) flatbread.

Protein - at least 3 servings per day from the list below. All visible fat must be removed including skin. Proteins are to be boiled, barbecued, baked or grilled. Do not fry, do not use any oils.

Chicken Breast - (white meat)
Chicken Livers - (purchased raw and cooked)
Lean Veal
Lean Beef

2 Boiled or Poached Eggs - (max twice weekly)
4oz Cottage Cheese + Chives + onions can be taken as one protein serving Lobster or Crab

Prawns or Scampi

White Fish - (cod, sole, perch, halibut, bass, flounder), canned tuna in brine.

NO PORK - NO HAM - NO LAMB - NO SAUSAGES

3 - 5 Days Only

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

High Protein Diet Short Term Use Only 3 - 5 Days

VEGETABLES - 2 servings per day. One cup total quantity at each meal. Selection may be of multiple items; Asparagus, Beetroot, Greens, Brussel Sprouts, Cabbage, Celery, Chives, Courgette's, Cucumbers, Globe Artichoke, Green Peppers, Leeks, Lettuce, Mint, Mushrooms, Onion, Parsley, Red Radishes, Spinach, String Beans.Tomatoes.

NO CARROTS - NO CAULIFLOWER - NO SWEETCORN - NO PEAS

FRUIT - citrus fruit only (this may be eaten between meals).

8 cups/glasses of fluid - (more in hot weather).
No fruit juices except Pure Lemon Juice (PLJ). Allowed are: any still or sparkling unflavoured mineral water etc.1 calorie drinks - diet Pepsi, diet 7 Up etc. plain water, tea, coffee (preferably decaffeinated) and occasional slimline drinks.
The juice of 3 lemons is allowed each day. This may be taken as lemonade or used as seasoning or drinks.
MILK - enough skimmed milk for 4 cups of tea or coffee (1 /3 pint) No sugar use only sugar-free artificial sweeteners.
Vinegar, pepper, seasoning, paprika, Worcestershire sauce, chilli and garlic may be used as desired. Salt should be reduced if fluid retention is a problem.

DO NOT USE OIL, BUTTER OR SALAD DRESSING
DO NOT OMIT ANY PROTEIN SERVINGS
YOU MAY OMIT OR EAT SMALLER PORTIONS OF ANY OTHER SERVINGS

3 - 5 Days Only

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

High Protein Diet Short Term Use Only 3 - 5 Days

1.Meat, including offal but no sausage, ham, lamb or pork and no processed tinned meat.

2.Poultry of all types.

3.Seafood.

4.Oranges, grapefruits, mandarins, satsumas, lemons and tangerines.
You may cook the food in any way but fried food is to be avoided and so is cooking in animal fats.

You must COMPLETELY avoid:

1.Starchy foods, I.e. bread, cereals, rice, potatoes, biscuits, cake, sweets.

2.Fruit, other than citrus.

3.Milk products (cheese, yogurts).

You must **ALWAYS HAVE THREE MEALS A DAY** and also two "snacks".
The snacks must be taken **IMMEDIATELY BEFORE** going to bed and mid morning.

Each snack must consist of:
Some meat or poultry (as much or as little as you desire) and/or some fish.
You may have up to **8 AVERAGE CUPS** of liquid each day.
You must **COMPLETELY** avoid alcohol.

3 Day Diet

This diet must be strictly adhered to over a maximum 3 day period and should not be repeated for at least four weeks.You must drink at least 5 x 8oz glasses of water per day

Day One

Breakfast: Black coffee/tea, half a grapefruit, 1 slice of toast, 2 teaspoons of l peanut butter.
Lunch: Black coffee/tea, 4oz tuna, 1 slice of toast.
Dinner: 2 slices of any cold meat, 1 cup string beans, 4oz beetroot, 1 small apple

Day Two

Breakfast: Black coffee/tea, 1 boiled or poached egg, 1 slice of toast,1/2 banana
Lunch: Black coffee/tea, 4oz cottage cheese, 5 Ritz type crackers
Dinner: 2 frankfurters, 4oz broccoli, 2 oz carrots, 1/2 banana

Day Three

Breakfast: Black coffee/tea, 5 Ritz type crackers, 1 slice cheddar cheese,1 small apple
Lunch: Black coffee/tea, 1 Hard boiled Egg,
Dinner: 4oz Tuna, 4oz Beetroot, 4oz Cauliflower, 1/2 a small Melon

This is a very restricted diet and must not be used for more than 3 days. Do not vary or substitute any of the above foods. Salt and pepper may be used but no other seasoning is allowed. Toast must be dry without butter or spread. Tuna,string beansand beetroot can be frozen

"This diet is to be used as a "kick start" or "plateau" diet only, after three days you can revert to normal eating or a calorie controlled diet."

2 Week Diet

The basis of this diet is maintenance of normal energy whilst reducing weight. Quantities are of NO importance EXCEPT where indicated.

NO alcoholic beverages
NO eating between meals
ALL vegetables without butter

Salads WITHOUT oil

LEAN meat

Abstain from anything NOT included in this diet and be sure to eat ONLY what is assigned rather than do without

Tea and coffee without milk

BREAKFAST - EVERY MORNING Grapefruit, 1 or 2 eggs, tea or coffee and 1 small pot of fat free natural yogurt

MONDAY
LUNCH - Fruit salad - as much as you like.
DINNER - Steak, tomatoes, lettuce, cucumber, celery, coffee or tea.

TUESDAY
LUNCH - Cold chicken , tomatoes, grapefruit.
DINNER- Combination salad, 2 eggs,1 piece of toast, grapefruit tea or coffee.

WEDNESDAY
LUNCH - 2 eggs, tomatoes, coffee or tea.
DINNER - 2 Lamb chops, celery, tomatoes, coffee or tea.

THURSDAY
LUNCH - Same as Monday
DINNER: - Same as Monday

FRIDAY
LUNCH - 2 eggs, spinach, tea or coffee
DINNER - Boiled fish, salad, 1 peice of toast, grapefruit, tea or coffee.

SATURDAY
LUNCH - 2 eggs, spinach.tea or coffee
DINNER - Plenty of grilled steak, celery, cucumber, tomatoes, tea or coffee.

SUNDAY
LUNCH - Same as Monday
DINNER - Chicken, tomatoes, carrots, cooked cabbage, grapefruit, tea or coffee

Do Not Repeat This Diet For At Least 3 Months

Asian Slimmimg Diet

The following foods maybe taken freely:

VEGETABLES

Cabbage, cauliflower, french and runner beans, broccoli, kale, spinach, sprouts, carrots, leeks, onions, swede, turnip, marrow, mushrooms, tomato, lettuce, cucumber, radish, artichokes, aubergines, asparagus, chicory, courgettes, endives, peppers, beansprouts, spring pumpkin, bitter gourd, kantola,chilies, mooli. (Not more than one tbsp daily of broad beans, parsnips, peas, sweetcorn).

FRUIT

Lemons, grapefruit, gooseberries, rhubarb. strawberries, raspberries, blackcurrants, red currants, cranberries - may be eaten raw or stewed with sugar.

SEASONINGS

Salt, pepper, mustard, vinegar, all herbs, spices, root ginger, stock cubes, gelatin, flavourings and colouring's. Pickles in vinegar.

DRINKS

Water, soda water, tea, coffee, (ground or instant), lemon juice, tomato juice, low caloric squash and fizzy drinks e.g., 'Diet Pepsi', 'One Cal', clear soups, marmite or yeas extract.

ARTIFICIAL SWEETENERS

In liquid or tablets form only.

DAILY ALLOWANCES

1) **MILK** ½ pint (300mls) try skimmed or semi-skimmed milk in place of whole milk.
2) **MARGARINE OR BUTTER OR OIL OR GHEE** ½oz (15g) max. Use only very small amounts of fat when cooking curries etc. Do not spread fat onto chapattis. Do not fry. Spread butter or margarine very thinly on bread
3) **STARCHY FOODS** Choose 3 items from list A. One item should be taken at each meal (see menus).
4) **PROTEIN** Choose 3 items from list B. One item should be taken at each meal (see menus)

Asian Slimmimg Diet

List A

1 slice of bread preferably wholemeal
small chapatti 2 tbsp boiled rice
ryvita or crispbread
plain biscuits eg. crackers, rich tea 1 digestive biscuit
tbsp unsweetened breakfast cereal
eg. cornflakes or weetabi or 1 shredded wheat
1 egg-sized potato

List B

2oz (50g) lean meat or poultry (cooked weight)
3oz (75g) fish (cooked or canned)
1 oz (25g) cheese
4oz (1 00g) cottage cheese
1 - 2 eggs
1 small carton (1 cup) plain, low fat yogurt
Extra 1/3 milk pint milk
5oz (125g) cooked lentils (dahl) or beans or peas

Lean Meat eg. Beef, lamb, pork mutton, ham, chicken, turkey, rabbit, grilled sau sages and beef burgers occasionally.

Fish eg. Cod and other white fish, mackerel, salmon, shellfish, smoked haddock, canned fish (remove all oil)

Lentils, Beans, Peas eg. All types of lentils - red, green or brown, red kidney beans, black-eye beans, soya beans, chick peas, black gram, red gram.

Fruit 2 servings eg. apple, orange, pear, small banana, peach, mango, apricots, melon, plums, papaya, pineapple, tangerine.

These may be eaten fresh, stewed without sugar, or tinned in unsweetened fruit

Asian Slimmimg Diet

Guidelines

1) If it is necessary for you to lose weight, it is important to choose foods which will keep you healthy, and at the same time, help you to lose extra weight. Therefore, it is important that the daily allowances of permitted foods are eaten in the correct amounts.

2) Do not use sugar or any foods containing sugar.

3) Do not fry whenever possible. Use only very small amounts of oil, ghee, butter or margarine when cooking.

4) Eat less chapattis, rice and bread.

5) Eat plenty of vegetables, cooked with spices and herbs as desired.

6) Do not miss meals, especially breakfast.

7) Do not eat between meals.

8) Aim to lose weight gradually.

9) Regular gentle exercise is good for you.

Asian Vegetarian Slimmimg Diet

The following foods maybe taken freely:

VEGETABLES

Cabbage, cauliflower, french and runner beans, broccoli, kale, spinach, sprouts, carrots, leeks, onions, swede, turnip, marrow, mushrooms, tomato, lettuce, cucumber, radish, artichokes, aubergines, asparagus, chicory, courgettes, endives, peppers, beansprouts, spring pumpkin, bitter gourd, kantola,chilies, mooli. (Not more than one tbsp daily of broad beans, parsnips, peas, sweetcorn).

FRUIT

Lemons, grapefruit, gooseberries, rhubarb. strawberries, raspberries, blackcurrants, red currants, cranberries - may be eaten raw or stewed with sugar.

SEASONINGS

Salt, pepper, mustard, vinegar, all herbs, spices, root ginger, stock cubes, gelatin, flavourings and colouring's. Pickles in vinegar.

DRINKS

Water, soda water, tea, coffee, (ground or instant), lemon juice, tomato juice, low caloric squash and fizzy drinks e.g., 'Diet Pepsi', 'One Cal', clear soups, marmite or yeas extract.

ARTIFICIAL SWEETENERS

In liquid or tablets form only.

DAILY ALLOWANCES

1) **MILK** ½ pint (300mls) try skimmed or semi-skimmed milk in place of whole milk.
2) **MARGARINE OR BUTTER OR OIL OR GHEE**
   ½oz (15g) max. Use only very small amounts of fat when cooking curries etc. Do not spread fat onto chapattis. Do not fry. Spread butter or margarine very thinly on bread
3) **Lentails (Dahl, Beans or Peas**
   2oz (50g) of lentils - red, green or brown, red kidney beans, chickpeas, black gram, red gram
4) **STARCHY FOODS** Choose 3 items from list A. One item should be taken at each meal (see menus).

Asian Vegetarian Slimmimg Diet

List A

1 slice of bread preferably wholemeal
1 small chapatti
2 tbsp boiled rice
2 ryvita or crispbread
2 plain biscuits eg. crackers, rich tea
1 digestive biscuit
3 tbsp unsweetened breakfast cereal
eg. cornflakes or weetabix or 1 shredded wheat
1 egg sized potato

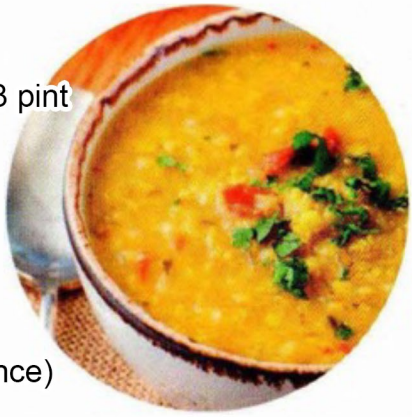
Plain Low Fat Yogurt:

1 small carton (1 cup). If eggs or cheese are eaten, 1 egg or 1 oz cheese may be taken in place of the yogurt.

Fruit 2 servings

eg. apple, orange, pear, small banana, peach, mango, apricots, melon, plums, papaya, pineapple, tangerine. This may be eaten fresh, stewed without sugar
or tinned in unsweetened fruit juice. 1 small glass unsweetened natural fruit juice may be taken in place of 1 serving of fruit.

Asian Vegetarian Slimmimg Diet



BREAKFAST

Fruit or unsweetened fruit juice - if desired 1/3 pint from daily allowance
1 item from list A eg;
1 egg cornflakes
tea or coffee without sugar

MID-MORNING

Tea or coffee without sugar (milk from allowance)

MID-DAY

Serving of dahl or beans or peas from allowance
vegetable or salad from free foods list
1 item from the list A eg; 1 chapatti

MID- AFTERNOON

Choice as mid-morning

EVENING MEAL

Serving of dahl or beans or peas (from allowance)
vegetables or salad from free foods list
1 item from list A eg; 2tbsp boiled rice
serving of yogurt or 1/3 pint of milk from allowance
1 serving of fruit

BED TIME

Choice as mid morning
(finish up with milk-allowance)

Calorie Count

Breads & Cereals	Portion Size	Per 100g
Bagel (1 average)	140 cals (45g)	310 cals
Biscuit digestives	86 cals (per biscuit)	480 cals
Jaffa cake	48 cals (per biscuit)	370 cals
Bread white (thick slice)	96 cals (1 slice 40g)	240 cals
Bread wholemeal (thick)	88 cals (1 slice 40g)	220 cals
Chapatis	250 cals	300 cals
Cornflakes	130 cals (35g)	370 cals
Crackerbread	17 cals per slice	325 cals
Cream crackers	35 cals (per cracker)	440 cals
Crumpets	93 cals (per crumpet)	198 cals
Flapjacks basic fruit mix	320 cals	500 cals
Macaroni (boiled)	238 cals (250g)	95 cals
Muesli	195 cals (50g)	390 cals
Naan bread (normal)	300 cals (small plate size)	320 cals
Noodles (boiled)	175 cals (250g)	70 cals
Pasta (normal boiled)	330 cals (300g)	110 cals
Pasta (wholemeal boiled)	315 cals (300g)	105 cals
Porridge oats (with water)	193 cals (350g)	55 cals
Potatoes** (boiled)	210 cals (300g)	70 cals
Potatoes** (roast)	420 cals (300g)	140 cals
Rice (white boiled)	420 cals (300g)	140 cals
Rice (egg-fried)	500 cals	200 cals
Rice (Brown)	405 cals (300g)	135 cals
Rice cakes	28 Cals = 1 slice	373 Cals
Ryvita Multi grain	37 Cals per slice	331 Cals
Ryvita + seed & Oats	180 Cals 4 slices	362 Cals
Spaghetti (boiled)	303 cals (300g)	101 cals

Calorie Count

Meat & Fish	Portion Size	Per 100g
Anchovies tinned	300 cals	300 cals
Bacon average fried	250 cals (2 rashers)	500 cals
Bacon average grilled	150 cals	380 cals
Beef (roast)	300 cals	280 cals
Beef burgers frozen	320 cals	280 cals
Chicken	220 cals	200 cals
Cockles	50 cals	50 cals
Cod fresh	150 cals	100 cals
Cod chip shop food	400 cals	200 cals
Crab fresh	200 cals	110 cals
Duck roast	400 cals	430 cals
Fish cake	90 cals per cake	200 cals
Fish fingers	50 cals per piece	220 cals
Gammon	320 cals	280 cals
Haddock fresh	200 cals	110 cals
Halibut fresh	220 cals	125 cals
Ham	6 cals	240 cals
Herring fresh grilled	300 cals	200 cals
Kidney	200 cals	160 cals
Kipper	200 cals	120 cals
Liver	200 cals	150 cals
Liver pate	150 cals	300 cals
Lamb (roast)	300 cals	300 cals
Lobster boiled	200 cals	100 cals
Luncheon meat	300 cals	400 cals
Mackeral	320 cals	300 cals

Calorie Count

Meat & Fish	Portion Size	Per 100g
Mussels	90 cals	90 cals
Pheasant roast	200 cals	200 cals
Pilchards (tinned)	140 cals	140 cals
Prawns	180 cals	100 cals
Pork	320 cals	290 cals
Pork pie	320 cals	450 cals
Rabbit	200 cals	180 cals
Salmon fresh	220 cals	180 cals
Sardines tinned in oil	220 cals	220 cals
Sardines in tomato sauce	180 cals	180 cals
Sausage pork fried	250 cals	320 cals
Sausage pork grilled	220 cals	280 cals
Sausage roll	290 cals	480 cals
Scampi fried in oil	400 cals	340 cals
Steak & kidney pie	400 cals	350 cals
Taramasalata	130 cals	490 cals
Trout fresh	200 cals	120 cals
Tuna tinned water	100 cals	100 cals
Tuna tinned oil	180 cals	180 cals
Turkey	200 cals	160 cals
Veal	300 cals	240 cals

Calorie Count

Fruits & Veg	Portion Size	Per 100g
Apple	44 calories	44 calories
Banana	107 cals	65 calories
Beans baked beans	170 cals	80 calories
Beans dried (boiled)	180 cals	130 calories
Blackberries	25 cals	25 calories
Blackcurrant	30 cals	30 calories
Broccoli	27 cals	32 cals
Cabbage (boiled)	15 calories	20 calories
Carrot (boiled)	16 calories	25 calories
Cauliflower (boiled)	20 calories	30 calories
Celery (boiled)	5 calories	10 calories
Cherry	35 calories	50 calories
Courgette	8 cals	20 cals
Cucumber	3 calories	10 calories
Dates	100 calories	235 calories
Grapes	55 calories	62 calories
Grapefruit	32 calories	32 calories
Kiwi	40 calories	50 calories
Leek (boiled)	10 calories	20 calories
Lentils (boiled)	150 calories	100 calories
Lettuce	4 calories	15 calories
Melon	14 calories	28 calories
Mushrooms raw one average	3 cals	15 cals
Mushrooms (boiled)	12 calories	12 calories
Mushrooms (fried)	100 calories	145 calories
Olives	50 calories	80 calories
Onion (boiled)	14 calories	18 calories
One red Onion	49 cals	33 cals

Calorie Count

Fruits & Veg	Portion Size	Per 100g
Onions spring	3 cals	25 cals
Onion (fried)	86 calories	155 calories
Orange	40 calories	30 calories
Peas	210 calories	148 calories
Peas dried & boiled	200 calories	120 calories
Peach	35 calories	30 calories
Pear	45 calories	38 calories
Pepper yellow	6 cals	16 cals
Pineapple	40 calories	40 calories
Plum	30 calories	39 calories
Spinach	8 calories	8 calories
Strawberries (1 average)	10 calories	30 calories
Sweetcorn	95 calories	130 calories
Sweetcorn on the cob	70 calories	70 calories
Tomato	30 calories	20 calories
Tomato cherry	6 cals (3 toms)	17 Cals
Tomato puree	70 calories	70 calories
Watercress	5 calories	20 calories

Calorie Count

Milk & Dairy	Portion Size	Per 100g
Cheese average	110 cals (25g)	440 cals
Cheddar types average reduced fat	130	260 calories
Cheese spreads average	90 cals	270
Cottage cheese low fat	40 calories	80 cals
Cottage cheese	49 cals	98 cals
Cream cheese	200 cals	428 cals
Cream fresh half	128 cals	160 cals
Cream fresh single	160 cals	200 cals
Cream fresh double	340 cals	430 cals
Cream fresh clotted	480 cals	600 cals
Custard	210 cals	100 cals
Eggs (1 average size)	90 cals	150 cals
Eggs fried	120 cals	180 cals
Fromage frais	125 cals	125 cals
Ice cream	200 cals	180 cals
Milk whole	175 cals (250ml/half pint)	70 cals
Milk semi-skimmed	125 cals (250ml/half pint)	50 cals
Milk skimmed	95 cals (250ml/half pint)	38 cals
Milk Soya	90 cals	36 cals
Mousse flavored	120 cals	140 cals
Omelette with cheese	300 cals	266 cals
Trifle with cream	290 cals	190 cals
Yogurt natural	90 cals	60 cals
Yogurt reduced fat	70 cals	45 cals

Calorie Count

Fats & Sugars	Portion Size	Per 100g
PURE FAT	9 cals (1 gram)	900 cals
Bombay mix	250 cals	500 cals
Butter	112 cals	750 cals
Chewing gum	8 cals per piece	-
Chocolate	200 cals	500 cals
Cod liver oil	135 cals (1 tbspoon)	900 cals
Corn snack	125 cals	500 cals
Crisps (chips US) average	100 cals	500 cals
Honey	42 cals	280 cals
Jam	38 cals	250 cals
Lard	225 cals	890 cals
Low fat spread	50 cals	400 cals
Margarine	50 cals	750 cals
Mars bar	240 cals	480 cals
Mint sweets	10 cals per piece	-
Oils -corn, sunflower, olive	135 cals (1 Tbspoon)	900 cals
Popcorn average	150 cals	460 cals
Sugar white table sugar	20 cals (1 tspoon)	400 cals
Sweets (boiled)	100 cals	300 cals
Syrup	15 cals	300 cals
Toffee	100 cals	400 cals