






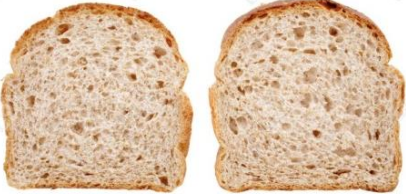





Standard Portion Sizes – Cooked Starchy Carbohydrate Foods

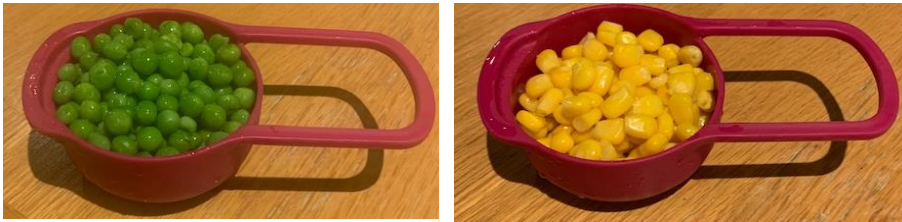

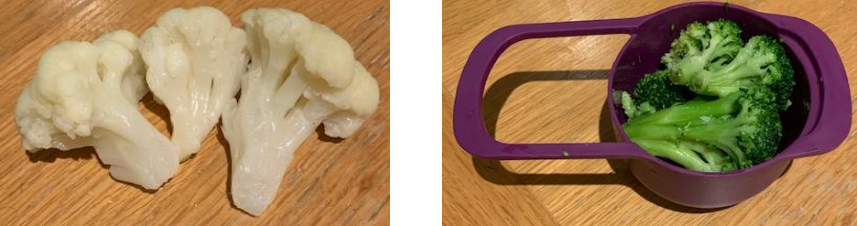

<p>COOKED PASTA OR RICE</p> <p>~250 calories</p>	<p>1 CUP COOKED PASTA</p> 	<p>or</p>	<p>1 CUP COOKED RICE</p> 
<p>MASHED POTATO</p> <p>OR</p> <p>POTATO WEDGES</p> <p>~215 calories</p>	<p>1 CUP MASHED POTATO</p> 	<p>OR</p>	<p>10 POTATO WEDGES</p> 
<p>ROAST POTATO</p> <p>OR</p> <p>JACKET POTATO</p> <p>~220 calories</p> <p>Or 3 x hashbrowns (210kcal)</p>	<p>4 PIECES ROAST POTATO POTATO (OR ½ LARGE)</p> 	<p>OR</p> 	<p>1 SMALL JACKET</p> 
<p>BREAD</p> <p>~170 calories</p>	<p>2 Slices of Bread</p> 	<p>OR</p>	<p>1 Pita Bread OR 1 Small Bread Roll</p> 

<p>COUSCOUS OR QUINOA</p> <p>~200 calories</p>	<p>½ CUP COOKED COUSCOUS OR QUINOA</p> 
<p>NOODLES</p> <p>~230 calories</p>	<p>1 CUP COOKED NOODLES (equivalent to 1 nest of noodles)</p> 

Standard portion sizes – Vegetables

80g = 1 portion of vegetables

If you don't have weighing scales, the following are also equal to 80g

<p>PEAS SWEETCORN</p>	<p>½ CUP PEAS/SWEETCORN</p> 
<p>CARROT PARSNIP BUTTERNUT SQUASH TURNIP SWEDE</p>	<p>½ CUP OF SMALL CHOPPED VEGETABLES</p> 
<p>BROCCOLI CAULIFLOWER</p>	<p>3-4 MEDIUM FLORETS OR 1 CUP BROCCOLI/CAULIFLOWER</p> 
<p>PEPPERS</p>	<p>½ OF A WHOLE PEPPER (any colour)</p> 
<p>SPINACH</p>	<p>2 CUP OF TIGHTLY PACKED SPINACH LEAVES</p>

<p>LEEKS CELERY</p>	<p>1 CUP OF CHOPPED LEEKS/CELERY</p>

Standard portion sizes – Fruit

80g or 1 handful = 1 portion of Fruit







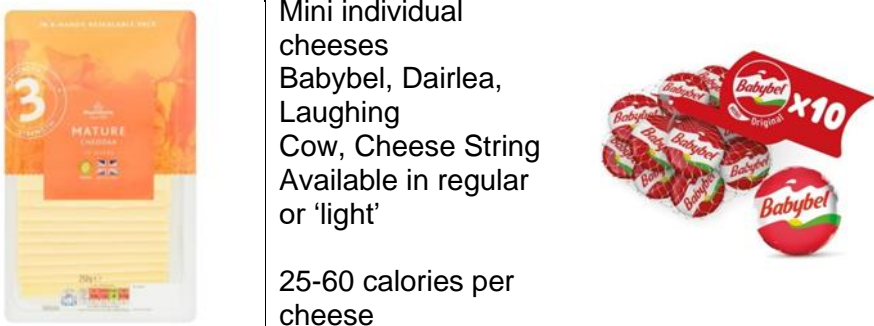
The following are equal to 1 portion of fruit

<p>1 apple, pear, banana or orange</p>	
<p>2 x kiwis, plums or satsumas</p>	
<p>A handful of berries or grapes</p> <p>Approx. 7 strawberries or 10 grapes or 14 cherries</p>	
<p>1-2 slices of pineapple, mango, papaya,</p>	

<p>30g or 1 heaped tablespoon mixed dried fruit</p> <p>2-3 dried prunes, figs or apricots</p>		
<p>150ml (a very small glass) pure fruit juice / smoothie</p>		
<p>Tinned fruit: 2 pear/peach halves 6 apricot halves 8 segments grapefruit</p>		
<p>Chopped Mixed Fruit / fruit cocktail 1 CUP = 2 portions fruit ½ CUP = 1 portion fruit</p>	<p>1 CUP</p>	<p>½ CUP</p>

Standard portion sizes – Dairy Products

- Aim to have 2-3 portions of dairy (or dairy free alternatives) each day
- 1 portion of dairy = 30g of cheese or 200ml of milk or a 125g pot of yogurt

<p>30g cheese sliced from block</p> <p>~120 calories</p> <p>1 portion of dairy</p>		
<p>1 CUP Grated Cheese</p> <p>560 calories</p> <p>4.5 portions of dairy</p>		<p>1/2 CUP Grated cheese</p> <p>300 calories</p> <p>2.5 portions of dairy</p> 
<p>1/3 CUP Grated Cheese</p> <p>200 calories</p> <p>1.5 portions of dairy</p>		<p>1/4 CUP Grated Cheese</p> <p>120 calories</p> <p>1 portion of dairy</p> 
<p>Pre-sliced cheese</p> <p>80-100 calories per slice</p> <p>1 slice = half a portion of dairy</p>	<p>Mini individual cheeses Babybel, Dairlea, Laughing Cow, Cheese String Available in regular or 'light'</p> <p>25-60 calories per cheese</p> <p>Each individual cheese is half a portion of dairy</p> 	




<p>Yogurt</p> <p>High calorie and low calorie versions available</p> <p>1 x 125g pot of yogurt is 1 portion of dairy</p> 	<p>Milk</p> <p>A 200ml glass of dairy or dairy-free milk is 1 portion of 'dairy'</p> <p>Buy 'fortified' versions of dairy-free milks</p> 
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<p>Fruit</p> <p>(fresh, frozen, dried, stewed, pureed or tinned in water/natural juice)</p>	
<p>Raw vegetables (carrot sticks, celery sticks, pepper sticks, cucumber sticks, spring onion, cherry tomatoes)</p> <p>Or 2-3 x crackerbreads or rice cakes</p> <p>with reduced fat houmous or light cream cheese or 1 tablespoon of peanut butter</p>	
<p>Fruit Yogurts (low calorie, low fat, reduced fat or 'light').</p> <p>E.g. Muller light, Activia 0% fat or Light & Free</p> <p>Try to choose yogurts that are less than 100 calories per pot.</p>	

<p>Or natural yogurt with added fresh/frozen fruit/tinned fruit</p>	
<p>'No Added Sugar' Jelly Hartley's no added sugar jelly Hartley's 10 cal jelly ASDA no added sugar jelly pots</p>	
<p>Cereal Bars - one Aim for less than 100 calories</p>	
<p>1 Mini or 'fun sized' chocolate bars aim for less than 100 calories</p>	

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<p>2 x Dairylea Light Triangles (52 calories) or 1 x Babybel Light (42 calories)</p>	
<p>Pickled vegetables e.g. pickled onion, beetroot or gherkins</p>	
<p>Cooked vegetables e.g. steamed broccoli/cauliflower florets</p>	

<p>1 or 2 hard boiled or pickled eggs</p>	 
<p>1 small bag (10-20g) popcorn or lower calorie crisps e.g., Skips, Quavers, Wotsits. (50-100 calories)</p>	
<p>A small handful (30g) of dried fruit or nuts or seeds or mixed dried fruit and nuts – various flavours/seasoned varieties available</p>	

Standard Portion Sizes – Breakfast Cereals

Calorie content is for the cereal only. Added milk, yogurt, fruits, sugar, honey or nuts/seeds will increase calorie content.

<p>1 CUP of: Cheerios (136kcal) Cornflakes (136kcal) Rice Krispies (120kcal) Special K (180kcal)</p>		
<p>1/2 CUP of: Shreddies (130kcal) Fruit & Fibre (125kcal) Branflakes (139kcal)</p>		
<p>1/3 CUP of: Porridge oats (135kcal)</p> <p>1/4 CUP of: Muesli (121kcal)</p>		
<p>2 x Weetabix (136kcal) 2 x Shredded Wheat (162kcal)</p>		

Healthy Breakfast Meal Options

Try homemade porridge (oats and milk/water) served with fruit tinned/chopped, mashed ½ banana or 1tsp ground almonds.

High fibre cereal with milk (Weetabix)

Crumpet with peanut butter or low-fat cream cheese.

If breakfast is not someone's favourite meal of the day, try a lighter option like homemade sugar free jelly made up with milk and frozen berries or pot of yoghurt.

Healthy Lunch Meal Options

Sandwich/Wrap:

Bread: 2 slices of wholemeal, granary or 50:50 bread. Alternatively, 1 wholemeal wrap can be used.

Spread: if desired, use reduced fat spread (preferably vegetable oil spread e.g. rapeseed oil or olive oil) or 'lighter than light' mayonnaise or 'light' salad cream or reduced fat houmous.

Filling options:

- Egg (1-2 eggs - hard boiled or poached)
- Peanut butter (no more than 1 tablespoon of reduced fat peanut butter)
- Chicken (pieces of fresh chicken, not sliced sandwich meat. Can be bought pre-cooked and pre-cut. No more than 100g of chicken)
- Cheese (no more than 30g of grated, reduced fat cheese)
- Bacon (no more than 2 rashers of bacon. No more than once per week)
- Sausages (no more than 2 sausages. No more than once per week. Consider trying vegetarian sausages (Quorn or supermarket own brand vegetarian sausages)
- Ham (no more than 2 slices of ham)
- Tuna (use 1 small tin of tuna in spring water)



Salad: Add any desired salad to the sandwich or serve salad on the side or serve chopped vegetables on the side (carrot sticks, cherry tomatoes, cucumber sticks, chopped peppers).

Salad:



Vegetables: include plenty of salad vegetables e.g. lettuce, rocket, spinach, peppers, onion/spring onion, cucumber, tomato, grated carrot

Starchy carbohydrate: include 1-2 slices of bread or a small portion of pasta, rice, couscous, quinoa, or noodles.

Protein: 1-2 eggs / 1 small tin or fillet of fish / chicken breast / 30g reduced fat grated cheese / 5 tbsp reduced fat cottage cheese / 2 slices of ham / ¼ pot of reduced fat houmous

Dressing: use a light/reduced fat dressing and only use a small amount

Soup:

- Avoid 'cream of...' soups
- Choose soups which contain both vegetables and a protein source e.g., chicken & vegetable; lentil & vegetable; bean & vegetable
- If the soup already contains potato, rice, pasta or beans, there is no need to serve additional bread



Jacket potato:

Potato – use a small potato or the frozen, pre-cooked jacket potatoes

Filling (serve with salad or chopped vegetables on the side):

- Cheese (no more than 30g of reduced fat grated cheese)
- Tuna (use 1 small tin of tuna in spring water)
- Cottage cheese (use no more than 150g fat free cottage cheese)
- Baked beans (use 1 small tin of reduced sugar, reduced salt baked beans)



Omelette – add vegetables and serve with a salad



Baked Beans, Scrambled Egg or Sardines on Toast



Standard Portion Sizes – Protein Foods

1 x burger (beef, chicken, turkey or vegetarian) or 2 x sausages or hot dogs



1 x chicken breast, fillet of fish/chicken or tin of fish



1 x fishcake or 1 x chicken kiev, or 1 x breaded fish/chicken fillet



3 x
fish

fingers OR 3 x chicken goujons or 5 x chicken nuggets or 8 x cocktail sausages



90g raw red meat or 70g cooked red meat OR 100g vegetarian meat alternative (e.g. Quorn or soya mince)



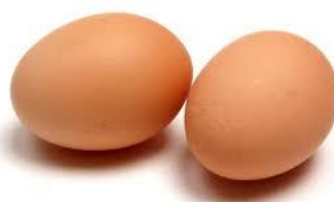
70-100g Tofu



½ tin of beans, chickpeas, or lentils



2 x eggs



30g nuts or 1 tablespoon nut butter (peanut/cashew/almond)



Healthy

Dinner Meal Options



Pasta Dishes (use a maximum of 50-75g dry weight wholewheat pasta per portion)

- Spaghetti bolognese (include plenty of vegetables in the sauce. Make the sauce using tinned tomatoes rather than a store-bought sauce. Use lean beef mince or Quorn/vegetarian mince. If using beef mince, limit to 70g per serving. Try adding 1dsp tinned green lentils per person to bulk up the mince. Try adding grated vegetables eg carrots, courgette, mushrooms or chopped vegetables).
- Tuna pasta bake (include vegetables in the sauce e.g., sweetcorn, tomato, peppers. Try making a tomato-based sauce with a small amount of cheese sprinkled over the top or occasionally a low fat cheesy white sauce. Serve with extra vegetables on the side (broccoli, spinach or salad).

Potato dishes (Limit potato to 200-300g raw potato or 250-350g cooked potato per serving)

- Fish or chicken with potato & vegetables (1 fillet or tin of fish e.g., salmon, cod, mackerel. Can be fresh, frozen or tinned fish. 1 chicken breast. ½ the plate should be vegetables, ¼ fish/chicken and ¼ potato. Aim for ~250g vegetables)
- Cottage Pie (use lean minced beef or preferably Quorn/vegetarian mince. If using beef mince, limit to 70g per serving. Include plenty of vegetables. Try adding 1dsp tinned green lentils per person to bulk up the mince. Try adding grated vegetables eg carrots, courgette, mushrooms or chopped vegetables. Serve with extra vegetables on the side)
- Sausage/beef/chicken casserole or stew (use a maximum of 2 sausages per portion. Use reduced fat sausages or chicken sausages or preferably use vegetarian sausages. Use 1 chicken breast or ~150g chicken per portion. Use lean beef and no more than 70g per portion. Include plenty of vegetables. Consider using a slow cooker)



Jacket potato (choose small jacket potatoes or the frozen, pre-cooked jacket potatoes. Serve with salad or vegetables on the side. ½ the plate should be salad/vegetables or ~250g salad/vegetables)

- Tuna and cheese (use 1 small tin of tuna in spring water and no more than 30g reduced fat cheese)
- Cottage cheese (include up to 150g fat free cottage cheese)
- Baked beans (use 1 small tin/snap pot of reduced sugar and salt baked beans or ½ of a regular size tin)



Egg dishes

- Omelette with beans (use 2 eggs, include plenty of vegetables e.g., peppers, spinach, sweetcorn, tomatoes. Use 1 small tin/snap pot of reduced sugar and salt baked beans or ½ of a regular size tin)



TRY THESE HEALTHY DINNER IDEAS
Remember to use the portion size information.

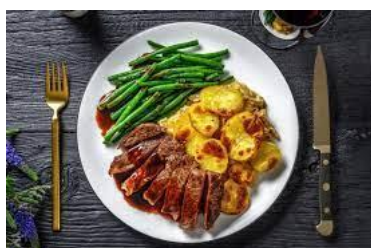
Spaghetti with bolognaise sauce or tuna pasta bake. Serve with salad or vegetables.



Cottage pie or fish pie with vegetables on the side.



Potatoes with red meat, fish or chicken. You could try sweet potato instead of white potato.



For more recipe ideas see websites such as Slimming World, WeightWatchers, Sainsbury's and Tesco's & Popular Healthy Eating Cookbooks

Visit the NHS 12-Week Weight Loss Online Programme

(<https://www.nhs.uk/better-health/lose-weight/>)

Weight loss

NHS Weight Loss Plan

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