

INCREASE INTAKE OF...	REDUCE INTAKE OF...	AVOID
WATER Grilled Meats – chicken, steak Greens – Broccoli, green beans Add vegetables to every meal Nuts – All except peanuts Fish Eggs – poached/scrambled/omlette Wholegrains Natural Yogurt Porridge	Milk – semi-skimmed when needed White bread – Switch to brown White Rice – Switch to brown Pasta – Switch to brown pasta Potatoes – switch to sweet potatoes Limit coffee/tea intake	Carbonated drinks Fried foods/takeaways Cereals Cakes/buns Fruit juices But don't forget you can have a treat day

BREAKFAST	LUNCH	DINNER
Glass of water first thing in morning Porridge with skim milk Poached eggs with one slice wholemeal toast Omlette with veggies Coffee/tea with skim milk	Brown bread sandwich or wrap – avoid creamy fillings/sauces and load up on salad fillings Soup Meat/Fish salad Order extra side of vegetables instead of chips if eating out	Steaks – lean cuts, limit sauces Chicken – grilled is best Stir-fry's Meat salads with sweet potatoes Fish and vegetables Always try and include at least two servings of vegetables with your dinner

****ALLOW YOURSELF A TREAT DAY ONCE A WEEK WHERE YOU ORDER FOODS THAT YOU ENJOY AND DRINK A FEW GLASSES OF ALCOHOL IF NECESSARY****