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Weight Loss Diet

All food groups should be included in this diet but total intake should be modified to meet the individual's needs. Ideally, weight loss should be slow but permanent. It's important that meals are varied and tasty to help people to stick to the diet.

The diet

Include (daily):

- 4 servings of wholegrain breads, cereals, rice and pasta
- 5 servings of vegetables
- 2 servings of fruit
- 2 servings of protein (eg. chicken, fish, eggs, nuts, legumes)
- 2 servings of low-fat dairy products

Exclude:

- Vegetables and salads that have been prepared/served with creamy sauces, mayonnaise or oil dressing
- Fruit pies, pastries, and crystallised and dried fruit
- Fatty meat, bacon, sausages, and continental sausages
- Fried fish, fish canned in oil, fish/meat paste, and commercial fish dishes
- Sweetened condensed milk, full-cream milk, flavoured milk, sour cream, cream cheese, and ice-cream
- Milkshakes, flavoured milk, soft drinks, cordials, alcoholic drinks, and flavoured mineral waters
- Take-away food, fish and chips, meat pies, sausage rolls, hot dogs, spring rolls, and fried rice.

One-day sample diet

Breakfast

Glass of water
Bowl of high-fibre cereal with low-fat milk
Wholegrain toast with slice of tomato or low-fat spread

Snack

Apple

Suggested solutions

General

» Set of Scales



Carrot and celery sticks
Cup of tea or coffee

Lunch

Chicken salad with wholemeal roll
Tub of low-fat fruit yoghurt
Glass of water

Snack

Wholemeal toast or roll with low-fat spread

Dinner

Large bowl of homemade vegetable soup
Baked pepper with rice and tuna
Fruit salad and low-calorie jelly

Recipe

Baked pepper with rice and tuna

4 red/green peppers
1 can of tuna
½ brown onion
1 celery stick
½ tsp olive oil
2 cups of cooked brown rice
2 tbsp chopped parsley
Freshly ground pepper

Slice off the longest side of the peppers. Finely chop this section and discard the seeds, wash and place the open peppers in pan and roast in a preheated oven for 20 minutes. Add olive oil, chopped peppers onion and celery to a saucepan and cook on medium heat for about 5 minutes. Add rice, parsley and pepper. Stir for a couple of minutes until all ingredients are well mixed, remove from heat and add drained, flaked tuna pieces. Place all ingredients from saucepan into the pepper shells and bake for approximately 10 minutes.

Nutrients per 100 g:
Energy: 178.8 cal / 750.8 kJ
Protein: 7.3 g
Fat: 1.63 g
Carbohydrate: 32.5 g

DISCLAIMER : This information is an educational aid only. It is not intended to replace medical advice for individual conditions or treatments. Talk to your doctor, pharmacist, nurse or naturopath before following any medical regimen to see whether it is safe and effective for you.