

Your weight loss plan

BREAD, RICE, POTATOES, PASTA & OTHER STARCHY FOODS

 Eat **8** portions a day

 Eat **7** portions a day

One portion is...

<p>Bread or toast</p> <p>One slice, medium thickness</p> 	<p>Bread bun or roll</p> <p>Half a large bun / roll (30g)</p> 	<p>Pitta bread or wrap</p> <p>Half or one mini</p> 	<p>Chapatti</p> <p>One small</p> 	<p>Crumpet/pikelet</p> <p>One</p> 	<p>Malt loaf</p> <p>One small slice (35g)</p> 
<p>English muffin</p> <p>Half a whole</p> 	<p>Bagel, plain or cinnamon and raisin</p> <p>Half</p> 	<p>Muesli Crunchy oat / granola</p> <p>One tablespoon (20g)</p> 	<p>Weetabix</p> <p>One biscuit</p> 	<p>Quinoa</p> <p>Two heaped tablespoons of plain cooked quinoa (80g)</p> 	<p>Breakfast cereal e.g. flakes, crispies, porridge oats</p> <p>Three tablespoons (20g)</p> 
<p>Oats</p> <p>Three tablespoons (20g) uncooked, (40g) cooked</p> 	<p>Muesli Not crunchy</p> <p>Two tablespoons (20g)</p> 	<p>Shredded wheat</p> <p>One biscuit</p> 	<p>Rice</p> <p>Two heaped tablespoons of plain boiled rice (80g)</p> 	<p>Crackers</p> <p>Three</p> 	<p>Crispbreads</p> <p>Four</p> 
<p>Couscous</p> <p>Two tablespoons of plain cooked couscous (40g)</p> 	<p>Pasta</p> <p>Three heaped tablespoons of plain boiled pasta (80g)</p> 	<p>Potatoes</p> <p>Two egg-sized</p> 	<p>Egg noodles</p> <p>Half individual dry serving (25g). Three heaped tablespoons of cooked (80g)</p> 	<p>Yam Boiled</p> <p>Two egg-sized pieces or a 1 1/2-inch thick slice (60g) cooked</p> 	<p>Plantain Steamed</p> <p>One medium-sized</p> 