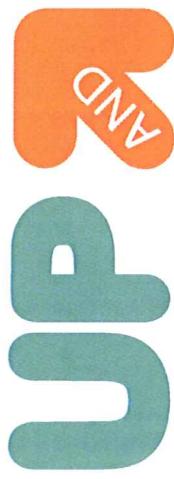


Your weight loss plan



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FRUIT & VEGETABLES

1 person Eat 5+ portions a day

		One portion is...	
Root vegetables	Corn on the cob	Salad	Whole fresh fruits
Three heaped tablespoons (80g)	One whole	One dessert bowl	One fruit
Large fruits	Grapefruit	Tinned fruit in natural juice	Dried fruit
One slice, about 5cm thick (80g)	Half (80g)	Three heaped tablespoons	One heaped tablespoon (30g)

- Potatoes, yams and plantain don't count towards your '5 a day'
- Fruit juice, smoothies and dried fruits are quite concentrated in calories. Keep to only one portion a day
- Only one portion of pulses like kidney beans, chickpeas and baked

- beans can be counted as fruit and veg. Any more portions should be counted as a starchy food
- Avocado pears are high in calories. Have them as a salad garnish only once a week or half an avocado occasionally as a treat

PROTEIN

1 person Eat 3 portions a day

		One portion is...	
		Baked beans in tomato sauce (low-sugar and low-salt if possible)	Lentils
		One small tin (200g) cooked	
		Fish fingers	
		Fish Oily	
		One medium fillet (140g raw)	
		One medium fillet (150g raw)	
		Quorn™, tofu or soya	Eggs
		Two sausages or 120g (uncooked weight)	
		Peanut butter (unsalted)	Nuts (unsalted)
		Five tablespoons, cooked (140g)	
		Beans e.g. red kidney beans, butter beans, chick peas	
		Five tablespoons, cooked (140g)	
		Fruit juice	
		One small glass or small can (150ml). No more than one a day	

- Some protein foods may be high in fat. Choosing lower fat alternatives will help you get extra protein without the extra fat and calories
- Cook without adding fat – bake, steam, grill, poach or microwave
- Choose lean cuts of meat, remove visible fat and skin and limit how often you choose processed meat such as burgers and sausages
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