

Your weight loss plan

UP AND active

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FRUIT & VEGETABLES

Eat 5+
portions a day

One portion is...

Root vegetables Three heaped tablespoons (80g)	Salad One dessert bowl	Whole fresh fruits One fruit	Medium fruits Two fruits (80g)	Small fruits One handful (80g)
Corn on the cob One whole	Tinned fruit in natural juice Three heaped tablespoons	Stewed fruit Three heaped tablespoons	Dried fruit One heaped tablespoon (30g)	Fruit juice One small glass or small carton (150ml). No more than one a day
Large fruits One slice, about 3cm thick (80g)	Grapefruit Half (80g)			

- 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

PROTEIN

Eat 3
portions a day

One portion is...

Cooked lean meat (without skin & all visible fat removed). Piece about the size of a pack of cards (60g-90g)	Fish White One medium fillet (150g raw)	Fish Oily One medium fillet (140g raw)	Fish fingers Three	Baked beans in tomato sauce (low-sugar and low-salt if possible) One small tin (200g)	Lentils Five tablespoons, cooked
Beans e.g. red kidney beans, chick peas Five tablespoons, cooked (140g)	Peanut butter (unsalted) Two level tablespoons	Quorn™, tofu or soya Two sausages or 120g (uncooked weight)	Eggs Two	Nuts (unsalted) Two level tablespoons	

- Some protein foods may be high in fat. Choosing lower fat alternatives will help you get extra protein without the extra fat and calories
- Choose lean cuts of meat, remove visible fat and

- skin and limit how often you choose processed meat such as burgers and sausages
- Cook without adding fat – bake, steam, grill, poach or microwave

