

Your weight loss plan

FOOD & DRINK HIGH IN FAT AND SUGAR

Up to 200 calories a day 

Up to 100 calories a day 

Quick calorie guide...

Sugar	Jam	Spirits (ABV 40%) One measure or 'shot' (25ml) 56 kcal	Chocolate	Biscuits, plain	Sweets
One teaspoon 16 kcal	One teaspoon 25 kcal		Three squares 78 kcal	Two 100 kcal	One small tube or bag 90 kcal
					
Glass of wine (ABV 12%) One small glass (125ml) 100 kcal	Ice cream One small scoop 100 kcal	Lager, cider or beer (ABV 5%) Half pint 117 kcal	Bottle of beer (ABV 5%) One 330ml bottle 135 kcal	Slice of cake One small slice (50g) 150 kcal	Crisps One small packet (25g) 150 kcal
					

• This group doesn't include butter, margarine or cream

• The fat content varies a lot between different foods in this group. Choose lower-fat versions when you can

• If you don't drink milk or eat dairy foods, it's good to use a milk substitute like soya milk, with added calcium – go for the unsweetened versions

MILK & DAIRY FOODS

Eat 3 portions a day  One portion is...

Milk	Yoghurt	Cheese	Cream cheese	Fromage frais	Low-fat cottage cheese
Semi-skimmed or better still, skimmed One Glass (200ml)	Plain or flavoured, low-fat and low-sugar Large pot (200g)	Preferably lower-fat (Brie, Camembert, Edam) One matchbox sized piece (30g)	Reduced-fat or low-fat varieties One matchbox sized piece (80g)	Small pot (150g)	Large pot (200g)
					

• While these foods can be included in a balanced diet, they are not essential. Aim to have only a small amount – swap for healthier versions or keep for special occasions only

• If your favourite foods aren't on this list, use the information on the packet to work out how many calories are in a serving.

SPREADS, OILS, DRESSINGS AND SAUCES

Eat 2-3 portions a day  One portion is...

Mayonnaise	Low-fat spread	Oil, butter, margarine or ghee	Mayonnaise/blue cheese dressing/salad cream	Gravy or white sauce (made with cornflour, no fat added)	Low-calorie mayonnaise, cream or crème fraîche
One teaspoon	Two teaspoons	One teaspoon	One teaspoon	Four tablespoons	Two teaspoons
					

