

## HEALTHY WEIGHT LOSS TIPS

- ❖ Keep to a routine. Aim for 3 small meals and 2 between meal snacks per day.
- ❖ Drink plenty of water. Some of this can be consumed as diet jelly. Herbal tea counts as 100% water. Avoid fruit juice.
- ❖ Eat plenty of green and salad vegetables – there are no limits on how much of these you can consume.
- ❖ Eat 2 pieces of fruit per day. Try to include one serve as berries (blueberries, raspberries, strawberries, cranberries, etc) Take care with dried fruit – remember **every** sultana was once a grape.
- ❖ Choose low glycaemic index (GI) foods (those absorbed slowly). Low GI foods include wholegrains, pulses, milk and yoghurt (please refer to your GI information sheet for more details).
- ❖ Increase good fats, especially omega 3 fatty acids found in fish, linseed and canola oil. Include olives, avocado, nuts and seeds. Avoid saturated fat found in fatty and processed meats, butter, cream, palm and coconut oils.

## REFERENCE SERVE SIZES

### **Breads and cereals (maximum 5 serves per day including starchy vegetables)**

- 1 serve = 1 slice bread (wholegrain)  
 = ¼ cup cereal or porridge (cooked)  
 = 2-3 dry cracker biscuits (wholegrain)  
 = 1/3 cup bean mix or baked beans

### **Starchy vegetables (only 1 serve of your daily vegetable intake should be starchy)**

- 1 serve = 1 small potato  
 = ½ cup cooked corn, peas, parsnip or sweet potato  
 = ½ cup potato salad prepared with low fat dressing/mayonnaise  
 = ¾ cup thick vegetable, pea and ham or bean soup (eg. Minestrone)  
 = ½ cup cooked basmati rice / pasta

### **Fruit (maximum 2 serves per day)**

- 1 serve = 2 small or 1 medium piece of fruit  
 = ½ cup grapes or stewed fruit  
 = 125g punnet berries

### **Calcium (3 serves per day)**

- 1 serve = 200ml low fat milk  
 = 200ml soy milk fortified with calcium  
 = 200g low fat yoghurt  
 = 30g "light" cheese OR 1 slice processed cheese  
 = ½ cup low fat custard

## **SAMPLE MEAL PLAN**

### **BREAKFAST**

Half a cup of oat or mixed grain low GI cereal PLUS 1 piece of fruit and low fat milk  
OR

1-2 slices wholegrain toast with cooked eggs and vegetables

EXAMPLE: 1 slice wholegrain bread + poached egg + tomato + mushrooms

*REMEMBER: 1/3 cup baked beans = 1 slice of bread*

### **LUNCH**

Salad with lean meat / fish / low fat cheese etc OR Soup (see our recipes)  
PLUS

1 slice wholegrain bread or carbohydrate equivalent

*REMEMBER: one serve of pasta, soup mix or starchy vegetables = 1 slice of bread*

### **DINNER**

Lean meat (maximum 200g per day) or fish. Plenty of green vegetables. Small serve of pumpkin or carrots.

Plus if desired, one small potato with skin OR equivalent sweet potato OR ½ cup cooked rice (Basmati, Doongara or brown rice) / pasta / corn.

### **MORNING AND AFTERNOON TEA**

1 piece of fruit  
OR

Tub of yoghurt (approximately 200g per day)  
OR

½ cup unsalted nuts (especially walnuts, almonds, brazils) and seeds

**One glass of red wine and 4 squares of dark chocolate are allowed each day.**