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| Initials: | | Date: | DD/MM/YY |
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My Eating Plan

Your CHW will calculate how many calories you need to eat in order to lose weight at a steady rate.

You will be given an example menu plan for you to use and follow if you wish. By following this plan you should hope to lose upto half a kilogram per week.

However, the ultimate aim is that you are able to create your own personalised eating plan, using foods that you would normally eat, with the help of your CHW. Eventually you will be able to adapt this eating plan day by day which will enable you to introduce variety and choice which will allow you to establish a controlled, healthy eating pattern for the rest of your life.

Remember, this is not just a short term diet. The personalised eating plan and your CHW are there to aid you in establishing a new healthy lifestyle.

My Eating Plan

The energy prescription that has been calculated for me allows me to have Kcal per day.

This allows me a certain number of 'servings' per day from the 5 food groups.

I can eat this amount every day:

| | | |
|--|-----------------|----------------------------------|
| <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> | Servings | Bread, chapatti and alternatives |
| <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> | Servings | Meat, fish and dahls |
| <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> | Servings | Fruit and vegetables |
| <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> | Servings | Milk and dairy foods |
| <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> | Servings | Fats and oils |
| <input style="width: 80px; height: 30px; border: 1px solid black;" type="text"/> | Kcal | Snacks |

Bread, chapatti, rice and alternatives

Servings per day

A serving is 80kcal:

- 1 thin slice of bread or toast
- 1 small chapatti (golf ball sized pinch of dough)
- Dalia 25gms Raw weight
- 2 tbsp Muesli
- 30g raw oats, 1 bowl porridge made with water
- 100g (2 egg -sized) boiled potatoes
- 1 jacket potato
- 60g ($\frac{1}{2}$ cup) (2 heaped tbsp) boiled pasta
- 80g ($\frac{1}{2}$ cup) (2 heaped tbsp) boiled rice
- 120g boiled noodles
- $\frac{1}{2}$ small plain naan
- 1 small green banana
- 75g yam
- 2 small fruit cakes
- 2-3 glucose biscuit
- 1 plain biscuit
- $\frac{1}{2}$ English muffin
- 20gms plain popcorn
- 1 small corn on cob
- 1 small Bajra Roti (golf ball sized pinch of dough)
- 1 small Makka roti (golf ball sized pinch of dough)
- 1 small size Dosa
- 2 Idli
- Suji 25 gms
- Chirwa(Rice Flakes) 25gms
- $\frac{1}{2}$ pita or 1 mini pita bread

Remember

- If you put fat on these products, it should be accounted for in your fat servings.
- $\frac{1}{2}$ a small paratha is 1 bread portion and also 2 fat portions because it is fried in oil.

Protein: Dal/chicken /fish/eggs



Servings per day

A serving is 140kcal:

Vegetarian:

- 75 g of soya **or** tofu
- Beans, cooked (blackchana , White Chana, kidneybeans ½ Katori - raw weight 30 g)
- Lentils, cooked (½ Katori - raw weight 30 g)

Non-vegetarian:

- 75g *cooked* red meat
- 100g *cooked* lean chicken **or** turkey (skin taken off)
- 100g oily fish such as salmon, mackerel **or** sardines
- 150g of grilled, poached, **or** steamed white fish
- 75g white fish fried in batter **or** breadcrumbs
- 175g tuna
- 2 eggs

Tips

- Try and have oily-fish meals twice a week
- Use beans and pulses more to prevent cholesterol
- Choose lean meat and cut off any fat you can see
- Skin chicken before eating the meat

Fruit and Vegetables

Minimum Servings per day

A serving of fruit is 60kcal:

- 2 small fruit e.g. plums, apricots,
- 1 medium fruit e.g. apple, orange, banana
- 1 large slice of very large fruit e.g. melon, papaya, pineapple
- 1 cupful of berries e.g. strawberries, raspberries or grapes
- 2 –3 tbsp fresh fruit salad, cooked or tinned fruit
- 1 tbsp dried fruit e.g. raisins,
- 150ml unsweetened fruit **or** vegetable juice

A serving of vegetables is 15kcal:

- 2 tablespoons of raw, cooked, vegetables
- 1 cereal bowl full of mixed side salad

STARCHY:

- CORN
- PEAS
- POTATO
- PUMPKIN (CANNED)
- YAM
- SWEET POTATO
- ARBI

NON-STARCHY:

- AMARANTH
- ASPARAGUS
- BEANS
- BROCCOLI
- CABBAGE
- CARROTS
- CAULIFLOWER
- CUCUMBER
- BHINDI
- SPINACH
- TOMATO
- BRINJAL
- GOURDS (BITTER, BOTTLE, MELON)
- ONIONS (GREEN, WHITE)

Eating fruit and vegetables is good for your health!

Milk and Dairy Food

Servings per day

A serving is 90kcal:

- 200ml double toned milk
- 150 ml toned milk
- 100ml full cream milk
- 150g low fat yoghurt
- 125g (1 small katori) low fat **or** no added sugar curd
- 50g paneer
- 150g of cottage cheese

Tip: Replace cream in cooking with low fat hung curd

Fats and Oils

Servings per day

A serving is 36kcal:

- 1 tsp (5g) butter
- 1 tsp (5g) pure ghee/desi ghee
- 1 tsp cooking oil (5 g) e.g. olive, rapeseed, corn oil, canola oil, rice bran oil
- 1 tbsp mayonnaise or salad cream (best to have low fat)
- 2 tsp (10g) low fat dressing
- 1 tbsp cream

Free Foods

Unlimited Servings per day

- Water
- Tea or coffee (with milk from allowance)
- Sugar free squashes and sugar free drinks
- Mango Pana, Fresh lime water, butter milk, coconut water
- Green tea, plain soup (without cream and thickener)
- herbs and spices

Aim for 6-8 glasses of water or allowed drinks per day.

Snack Allowance

calories per day

Your energy prescription allows some calories for treats and snacks. Here is the calorie content of some foods you might like to choose from

| | |
|-----------------|--|
| 50 kcal | <ul style="list-style-type: none"> ▪ 1 Mini juice ▪ flavoured milk ▪ 1 small scoop ice-cream ▪ 1 fruit cake ▪ roasted chana 20 gms ▪ Sprouts chat 50 gms ▪ Beans Salad 75 gms ▪ 1 fat portion (1 tsp oil/butter) |
| 100 kcal | <ul style="list-style-type: none"> ▪ 1 slice of toast (with spread from allowance) ▪ 1 Dal cheela (8 inch) ▪ 2pc of dhokala ▪ 2 cookies ▪ 2tsp 10gms Haldiram Namkeen ▪ 1 diet bar ▪ 3 tbsp. breakfast cereal ▪ ½ vegetable sandwich ▪ 3-4 momo veg ▪ 3 tbsp savoury puffed rice |
| 150 kcal | <ul style="list-style-type: none"> ▪ 1 small bread roll ▪ 25g chocolate ▪ 150g) rice Kheer ▪ 150g custard fruit ▪ 2pcs paneer tikka ▪ extra meat or alternative serving ▪ Icecream cone 75ml ▪ 25g nuts chicken momo 4pcs |
| 200 kcal | <ul style="list-style-type: none"> ▪ slices of toast (with spread from allowance) ▪ crackers/oatcakes with ▪ 3 tbsp breakfast cereal with ½ pint semi- skimmed milk ▪ 1 packet chips (34g) ▪ small slice of sponge cake ▪ 2 extra dairy portions ▪ Alu tikki 1 pc ▪ 5pcs of gol gappa ▪ Dahi paapri 2-3 pcs ▪ Pao bhaji 1 pc |

Look How Well You Can Eat

Breakfast:

| | |
|--|------------------|
| | Bread/cereal |
| | Meat/fish |
| | Fruit/vegetables |

| | |
|--|---------------|
| | Milk/dairy |
| | Fat Allowance |

Lunch:

| | |
|--|---------------------|
| | Bread/chapatti/rice |
| | Meat/fish |
| | Fruit/vegetables |

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|--|---------------|
| | Milk/dairy |
| | Fat Allowance |

Evening Meal:

| | |
|--|---------------------|
| | Bread/chapatti/rice |
| | Meat/fish |
| | Fruit/vegetables |

| | |
|--|---------------|
| | Milk/dairy |
| | Fat Allowance |

| | |
|--|------------------------|
| | Snack Allowance |
|--|------------------------|

**With help from your CHW
try to fill in a day's menu for
yourself**

| Morning | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
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| Mid-Morning | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
|-------------|--------|-------|-----|-----------------------|-------|-----|--------|
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| Midday | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
|--------|--------|-------|-----|-----------------------|-------|-----|--------|
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| Afternoon | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
|-----------|--------|-------|-----|-----------------------|-------|-----|--------|
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| Evening | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
|---------|--------|-------|-----|-----------------------|-------|-----|--------|
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| Late evening | Starch | Fruit | Veg | Meat/ Alternatives | Dairy | Fat | Snacks |
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| Total servings | | | | | | | |
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