

<b>Initials:</b>		<b>Date:</b>	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: 100%; height: 30px; border: 1px solid black;" type="text"/>	<b>Servings</b>	Bread, chapatti and alternatives
<input style="width: 100%; height: 30px; border: 1px solid black;" type="text"/>	<b>Servings</b>	Meat, fish and dahls
<input style="width: 100%; height: 30px; border: 1px solid black;" type="text"/>	<b>Servings</b>	Fruit and vegetables
<input style="width: 100%; height: 30px; border: 1px solid black;" type="text"/>	<b>Servings</b>	Milk and dairy foods
<input style="width: 100%; height: 30px; border: 1px solid black;" type="text"/>	<b>Servings</b>	Fats and oils
<input style="width: 100%; height: 30px; border: 1px solid black;" type="text"/>	<b>Kcal</b>	Snacks

## Bread, chapatti, rice and alternatives

Servings per day

### A serving is 80kcal:

- 1 thin slice of bread or toast (Bran Bread preferably)
- 1 small 6 inch" chapatti: thin (SEE THROUGH), size of an outstretched hand, made without fat
- 1 weetabix or 3 tbsp breakfast cereal (eg. Cornflakes)
- 30g raw oats, bowl porridge made with water
- 100g (3 oz) boiled potatoes
- ½ baked potato
- 1/3 cup boiled pasta
- 1/3 cup boiled rice
- 1/3 cup boiled noodles
- 1/4 Naan
- 1 plain biscuit
- 1 bran rusk
- 3 cups plain popcorn
- 1 small corn on cob or ½ cup of corn
- ½ pita **or** 1 mini pita bread
- 1 small 6 inch diameter Bajra Roti: thin (SEE THROUGH) chapatti, size of your outstretched hand)

### Remember

- If you put fat on these products, it should be accounted for in your fat servings.
- ½ a small paratha is 1 bread portion and also 2 fat portions because it is fried in oil

## Meat, Fish and Alternatives:

Servings per day

**A serving is 140kcal:**

- 75g (3oz) cooked lean beef, lamb, goat, mince
- 100g (4oz) cooked lean chicken (skin taken off)
- 100g (4oz) oily fish such as salmon, mackerel or sardines
- 175g (7oz) cooked tuna in brine
- 200g (8oz) (5 tbsp.) baked beans
- 150g (6oz) (4 tbsp.) cooked pulses or lentils or dahl or other beans
- 120g (4oz) of soya or tofu
- 2 eggs (limit to 3 per week if you have high cholesterol)

### Tips

- Use beans and pulses to replace meat in some of your cooking e.g. casseroles, soups, pasta dishes and curries
- 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
- 4 whole fresh apricots
- 1 medium fruit e.g. apple, orange, banana
- 1 large slice of very large fruit e.g. melon, pineapple
- 1/4 th cup cubes of watermelon
- 1 cupful of berries e.g. strawberries, raspberries
- 1/2 grape fruit or 17 grapes
- 1 cup cubed papaya, melon
- 1 fresh peach or 1/2 fresh pear
- 3 tbsp fresh fruit salad, cooked or tinned fruit
- 1 tbsp dried fruit e.g. raisins
- 150ml (5floz) unsweetened fruit or vegetable juice

### A serving of vegetables is 25 kcal:

- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 1 cereal bowl full of mixed side salad
- ¼ avocado pear

**Eating fruit and vegetables is good for your health!**

#### Tips

- Frozen or canned vegetables and fruit are good alternatives to fresh fruit and vegetables
- No fruit is forbidden; however eating large amount of fruits at one time is not recommended. Portion size matters!
- Vegetables have only a few calories, aim for at least ½ plate with your main meal.
- When cooking, steam, microwave or boil fruit and vegetables in as little water as possible

## Milk and Dairy Food

Servings per day

**A serving is 90kcal:**

- 1/2 cup whole milk
- 1 cup fat free/low fat milk
- 150g plain yogurt
- 1 cup Lassi (buttermilk)
- 150g (6oz) of cottage cheese
- 50g (2oz) of low fat soft cheese
- 40g (1½ oz) cheddar type cheese
- 100g (4oz) Paneer

### **Tips**

- Replace cream in cooking with low fat natural yoghurt

## Fats and Oils

Servings per day

A serving is 45 kcal:

- 1 tsp (5g) ghee
- 1 tsp dalda
- 1 tsp of any oil e.g. olive, sunflower, corn, soybean, coconut, cotton oil
- 1 tsp (5g) butter or margarine
- 2 tsp (10g) low fat spread or margarine or low fat dressing
- 1 tbsp pumpkin or sunflower seeds
- 1 tsp regular mayonnaise
- 6 almonds or cashew
- 1 tbsp cream
- 10 peanuts

## Free Foods

*Unlimited* Servings per day

- Water
- Broth
- Non stick cooking spray
- Garlic, herbs, spices
- Tea or coffee without sugar (with milk from allowance)
- Stock cubes (Hypertensive patients should avoid stock cubes)

**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

<b>50 kcal</b>	<ul style="list-style-type: none"> <li>▪ 1 Mini juice</li> <li>▪ flavoured milk</li> <li>▪ 1 small scoop ice-cream</li> <li>▪ 1 fruit portion</li> <li>▪ 1 fruit cake</li> <li>▪ roasted chana 20 gms</li> <li>▪ Channa or Chick pea chat 50 gms</li> <li>▪ Beans Salad 75 gms (kidney beans or black channa)</li> <li>▪ 2 tuc biscuits</li> </ul>
<b>100 kcal</b>	<ul style="list-style-type: none"> <li>▪ 1 slice of toast (with spread from allowance)</li> <li>▪ 2 cookies</li> <li>▪ 2tsp 10gms Nimko</li> <li>▪ 1 diet bar</li> <li>▪ 3 tbsp. breakfast cereal</li> <li>▪ ½ vegetable sandwich</li> <li>▪ 1 plain biscuit</li> <li>▪ 6 oz Plain Yoghurt (fat free)</li> </ul>
<b>150 kcal</b>	<ul style="list-style-type: none"> <li>▪ 1 small bread roll</li> <li>▪ 25g chocolate</li> <li>▪ 150g) rice Kheer</li> <li>▪ 150g custard fruit</li> <li>▪ extra meat or alternative serving</li> <li>▪ Icecream cone 75ml</li> <li>▪ 25g nuts</li> <li>▪ 1 small (50 g dough) Plain paratha</li> <li>▪ ½ cup coleslaw</li> <li>▪ Chicken Kabab cooked (100g)(3.5 oz)</li> <li>▪ 8 oz Whole Milk Yoghurt</li> </ul>
<b>200 kcal</b>	<ul style="list-style-type: none"> <li>▪ slices of toast (with spread from allowance)</li> <li>▪ crackers/oatcakes with (papar, papay)</li> <li>▪ 3 tbsp breakfast cereal with ½ pint semi- skimmed milk</li> <li>▪ 1 packet chips (34g)</li> <li>▪ small slice of sponge cake</li> <li>▪ 2 extra dairy portions</li> <li>▪ Alu tikki 1 pc</li> <li>▪ 5pcs of gol gappa</li> <li>▪ ½ cup Dhali Bhala (1 Bhalla with 2 Tbsp Papri)</li> <li>▪ ½ cup Dahi phulki</li> <li>▪ Nachose (2.5 oz)</li> <li>▪ Vegetarian Pizza (1/4<sup>th</sup> of a 12 inch)</li> <li>▪ Pakoras (84g)</li> </ul>

## Look How Well You Can Eat

### Breakfast:

<input type="text"/>	Bread/cereal	<input type="text"/>	Milk/dairy
<input type="text"/>	Meat/fish	<input type="text"/>	Fat Allowance
<input type="text"/>	Fruit/vegetables		

### Lunch:

<input type="text"/>	Bread/chapatti/rice	<input type="text"/>	Milk/dairy
<input type="text"/>	Meat/fish	<input type="text"/>	Fat Allowance
<input type="text"/>	Fruit/vegetables		

### Evening Meal:

<input type="text"/>	Bread/chapatti/rice	<input type="text"/>	Milk/dairy
<input type="text"/>	Meat/fish	<input type="text"/>	Fat Allowance
<input type="text"/>	Fruit/vegetables		

<input type="text"/>	<b>Snack Allowance</b>
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**With help from your CHW  
try to fill in a day's menu for  
yourself**

Morning	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks

Mid-Morning							

Midday							

Afternoon							

Evening							

Late evening							

<b>Total servings</b>							
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