

<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
- ½ bread roll **or** bagel
- 2 crispbreads
- 3 small crackers
- ½ pita **or** 1 mini pita bread
- 50g or 1 small chapatti (made without fat)
- 1 weetabix **or** 3 tbsp breakfast cereal or 2 tbsp Muesli
- 30g raw oats, 1 bowl porridge made with water
- 100g (4oz) (2 egg -sized) boiled potatoes
- ½ baked potato
- 60g (½ cup) (2 heaped tbsp) boiled pasta
- 80g (½ cup) (2 heaped tbsp) boiled rice
- 120g (4 oz) boiled noodles
- ½ small plain naan bread
- 125g (5oz) (1 small) boiled plantain
- 1 small green banana
- 75g (3oz) (1 slice) yam
- 2 small oat cakes
- 1 plain biscuit
- 1 crumpet **or** 1 scotch pancake
- ½ English muffin
- ½ plain **or** fruit scone
- 3 cups plain popcorn
- 1 small corn on cob
- ½ plain dosa
- 1 small roti
- 1 small dry paratha

### Remember

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

## Meat, Fish and Alternatives:



Servings per day

**A serving is 140kcal:**

- 75g (3 oz) *cooked* lean beef, pork, ham, lamb, mince
- 100g (4oz) *cooked* lean chicken **or** turkey (skin taken off)
- 2 thin slices of lean cold meat.
- 100g (4oz) oily fish such as salmon, mackerel **or** sardines
- 150g (6oz) of grilled, poached, **or** steamed white fish
- 75g (3oz) white fish fried in batter **or** breadcrumbs
- 1 small can tuna in brine
- 2 eggs
- 200g (8oz) (5 tbsp.) baked beans
- 150g (6oz) (4 tbsp.) cooked pulses **or** lentils **or** dahl **or** other beans (cooked with very little oil)
- 85g curried meat
- 120g (4oz) of soya **or** tofu **or** quorn

### 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, apricots, satsumas
- 1 medium fruit e.g. apple, orange, banana
- 1 large slice of very large fruit e.g. melon, 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, sultanas
- 150ml (5floz) unsweetened fruit **or** vegetable juice
- 3 dates

**A serving of vegetables is 15kcal:**

- 2 tablespoons of raw, cooked, frozen **or** canned 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 even if you have diabetes
- 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 (284ml) skimmed milk
- 1/3 pint (189ml) semi-skimmed milk
- ¼ pint (142ml) full fat milk
- 1 small pot (150g) low fat **or** no added sugar yoghurt **or** fromage frais
- 150g (6oz) of cottage cheese
- 50g (2 oz) of half-fat cheese such as Edam, Gouda
- 50g (2oz) of low fat soft cheese
- 40g (1½ oz) cheddar type cheese
- 100g (4oz) Paneer

### **Tips**

- More mature varieties of cheese will give you a stronger flavour so you can use a smaller quantity
- Replace cream in cooking with low fat natural yoghurt or fromage frais

## Fats and Oils

Servings per day

### A serving is 36kcal:

- 1 tsp (5g) butter **or** margarine **or** coconut cream
- 1 tsp (5g) ghee **or** any oil e.g. olive, rapeseed, corn oil
- 1 tbsp mayonnaise or salad cream (better to have low fat)
- 2 tsp (10g) low fat spread or margarine or low fat dressing
- 1 tbsp cream
- 1 tsp tahini

## Free Foods

Servings per day

- Water
- Tea or coffee (with milk from allowance)
- Sugar free squashes and sugar free fizzy drinks
- Marmite, oxo, bovril, vegemite
- Stock cubes, herbs and spices

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

## Snack Allowance

kcal per day

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

<b>50 kcal snacks</b>	<ul style="list-style-type: none"> <li>▪ 1 Mini juice or flavoured milk</li> <li>▪ 1 small scoop ice-cream</li> <li>▪ 1 Options™ chocolate drink</li> <li>▪ 1 pkt. sugar free polo™ mints</li> <li>▪ 1 fruit shortcake</li> <li>▪ 1 garibaldi™</li> <li>▪ 1 ginger <b>or</b> 1 rich tea™ biscuit</li> <li>▪ 1 Jaffa cake™</li> </ul>	<ul style="list-style-type: none"> <li>▪ 2 Tuc™ biscuits</li> <li>▪ 2 Hovis™ crackers</li> <li>▪ 2 water biscuits</li> <li>▪ 2 morning coffee biscuits</li> <li>▪ 1 fig roll</li> <li>▪ 3 cracker-breads</li> <li>▪ 1 meringue nest</li> <li>▪ 1 pub measure spirits</li> </ul>
<b>100 kcal snacks</b>	<ul style="list-style-type: none"> <li>▪ 2 fingers of Kit Kat</li> <li>▪ 3 After 8 Mint</li> <li>▪ 1 Scotch Pancake</li> <li>▪ English crumpet</li> <li>▪ 25g (1oz) Brie, Edam or Camembert</li> <li>▪ 1 slice of toast (with spread from allowance)</li> <li>▪ 25g (1oz) boiled sweets or fruit gums</li> <li>▪ 1 plain or chocolate hobnob</li> <li>▪ 1 plain or chocolate digestive</li> <li>▪ 1 Harvest™ chewy bar</li> </ul>	<ul style="list-style-type: none"> <li>▪ 1 pkt. Twiglets</li> <li>▪ 1 pkt. Quavers/Skips/Wotsits</li> <li>▪ 1 carton low fat fromage frais</li> <li>▪ 3 tbsp. breakfast cereal</li> <li>▪ 1 extra dairy or bread portion</li> <li>▪ 3 level tsp. sugar</li> <li>▪ 1 small glass wine (125ml)</li> <li>▪ 3 tbsp savoury puffed rice</li> <li>▪ 2 grilled papad</li> <li>▪ 2 tbsp roasted chick pea</li> <li>▪ 2 squares of baked dhokla</li> </ul>
<b>150 kcal snacks</b>	<ul style="list-style-type: none"> <li>▪ 1 small bread roll</li> <li>▪ 1 English muffin</li> <li>▪ 25g (1 oz) chocolate</li> <li>▪ 150g (6oz) rice pudding</li> <li>▪ 150g (6oz) custard</li> <li>▪ extra meat or alternative serving</li> <li>▪ small packet of crisps (25g)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Solero ice cream</li> <li>▪ 25g (1oz) nuts</li> <li>▪ currant bun</li> <li>▪ potato scone</li> <li>▪ Penguin/Club chocolate bar</li> <li>▪ 1 pint beer</li> <li>▪ 1 medium glass wine (175ml)</li> </ul>
<b>200 kcal snacks</b>	<ul style="list-style-type: none"> <li>▪ slices of toast (with spread from allowance)</li> <li>▪ crackers/oatcakes with</li> <li>▪ 25g (1 oz) cheese</li> <li>▪ 3 tbsp breakfast cereal with ½ pint semi- skimmed milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ small slice of fruit or sponge cake</li> <li>▪ mini treat chocolate bars</li> <li>▪ extra bread portions</li> <li>▪ 2 extra dairy portions</li> <li>▪ 40g chevda</li> <li>▪ small plain or fruit scone</li> <li>▪ 1 packet hula hoops / crisps (34g)</li> </ul>

## Look How Well You Can Eat

You can what you eat throughout the day so that it suits you normal eating habits. You will discuss this with your CHW.

### Breakfast:

	Bread/cereal		Milk/dairy
	Meat/fish		Fat Allowance
	Fruit/vegetables		

### Lunch:

	Bread/chapatti/rice		Milk/dairy
	Meat/fish		Fat Allowance
	Fruit/vegetables		

### Evening Meal:

	Bread/chapatti/rice		Milk/dairy
	Meat/fish		Fat Allowance
	Fruit/vegetables		

	<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	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks

Midday	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks

Afternoon	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks

Evening	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks

Late evening	Starch	Fruit	Veg	Meat/ Alternatives	Dairy	Fat	Snacks

<b>Total servings</b>							
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