

Use these lists as an easy reference guide to help you make better food choices

✓ PROTEIN FOODS TO ENJOY

Enjoy a portion of protein with every balanced meal - it should be around the size and thickness of the palm of your hand.

LEAN MEAT & POULTRY

Remove excess fat before cooking. e.g. pork chops, lamb steaks, lean or low-fat mince. Remove any skin from poultry.

- Beef
- Chicken
- Lamb
- Pork
- Turkey
- Veal
- Lean Cooked Ham
- Lean Cooked Turkey

FISH & SEAFOOD

Any fish fillets or seafood. For example:

- Cod
- Haddock
- Lobster
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Sea Bass
- Trout
- Tuna

OTHER PROTEIN SOURCES

Choose low-fat options (*use in moderation to flavour dishes)

- Cottage Cheese
- Feta Cheese
- Halloumi
- Cheddar*
- Quorn
- Ricotta
- Tofu
- Parmesan*

ADDING FLAVOUR TO MEALS

- Balsamic Vinegar
- Garlic
- Herbs
- Lemon Juice
- Low-fat Dressing
- Soy Sauce
- Spices
- Tomato Puree

✗ CARBOHYDRATES TO AVOID

- Bread
- Couscous
- Pasta
- Pizza
- Potatoes
- Rice

✓ VEGETABLES TO ENJOY

- Artichoke
- Asparagus
- Aubergine
- Basil
- Brussel Sprouts
- Broccoli
- Capers
- Cabbage
- Cauliflower
- Celeriac
- Celery
- Courgettes
- Cucumber
- Fennel
- Garlic
- Lettuce
- Leeks
- Mange Tout
- Mushrooms
- Olives
- Onions
- Pak Choi
- Parsley
- Peppers
- Pickles
- Radish
- Spinach
- Spring Onions
- Tomatoes

✓ VEGETABLES TO ENJOY IN MODERATION

- Avocado
- Beetroot
- Carrots
- Green Beans
- Swede
- Turnip

✗ VEGETABLES TO AVOID

Because they are high in carbohydrate

- Barley
- Beans (Baked/Kidney)
- Butternut Squash
- Chickpeas
- Lentils
- Parsnips
- Peas
- Potato
- Sweet Potato
- Sweetcorn

✓ FRUIT TO ENJOY AS SNACKS

Choose 1/2 - 3/4 cup of berries or a small whole fruit

- Apple
- Blackberries
- Blueberries
- Cherries
- 1/2 Grapefruit
- Orange
- Peach
- Pear
- Plum
- Raspberries
- Strawberries

✗ FRUITS TO AVOID

As they are high in carbohydrate (sugar). Avoid all dried fruits along with fruit tinned in syrup/nectar

- Apricot
- Banana
- Grapes
- Kiwi
- Mango
- Melon (all types)
- Pineapple

✓ OTHER FOODS TO ENJOY AS SNACKS

- 30 grams (small block or slice) of cheese.
- 1-2 slices of lean deli meats such as ham (avoid salami or similar).
- About 30g (small handful) of nuts - raw almonds, peanuts, Brazil nuts, walnuts or pistachio (go easy on salted nuts and avoid any coated nuts).
- A tablespoon of low fat natural yogurt with fruit such as berries.
- Carrot and/or celery sticks with cream cheese or a low fat dip
- Cheese slice and a pickle wrapped in a slice of ham.
- 4 Olives with cheese and ham.
- Small tin tuna in water with lettuce, spring onion and low-fat mayo
- Slice of smoked salmon spread thinly with cream cheese
- Grilled mushrooms topped with cheese and herbs
- Low-fat yogurt (plain or flavoured)
- Hard boiled egg

✓ DRINKS TO ENJOY

All alcohol should be avoided during the ACTIVE PHASE

- Water - at least 2 litres per day
- Tea or coffee, with or without milk, max 3 cups per day - use artificial sweetener and avoid lattes or cappucino
- Diet soft drinks and diet cordials - maximum 2 glasses per day
- Dry white or red wine - one glass 2-3 days per week.
- Spirit with a diet mixer - one glass 2-3 days per week
- Low carbohydrate beer - small glass 2-3 days per week

✗ DRINKS TO AVOID

- Alcohol in excess of the amounts given above
- Cordial (full sugar)
- Fruit juices
- Milk - skim, low fat, full cream and flavoured all are high in carbs
- Fruit Smoothies
- Soft drinks (full sugar)
- Sports drink

