



Welcome to

THE **vitality**
EATING SYSTEM

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The Vitality Eating System consists of a fourteen day weight loss plan, which has



been developed by a nutritionist, with the aim of enabling **realistic and sustainable weight loss**. Research has shown that with a

slow and steady weight loss, you are more likely to keep the weight off.

The plan consists of delicious, low fat breakfast, lunch and evening meal menus so you'll never go hungry. What's more there is an approved selection of healthy 'snacks' to ensure your energy reserves are topped up during the day.



Sensible weight loss solutions

We do not advocate fad diets and yo-yo dieting to control your weight. Evidence



now proves that these quick fixes do not succeed in maintaining

weight loss and have long-term health implications, both mental and physical. The latter include increased risk of cardiovascular disease and loss of bone density leading to bone fractures. Additional emotional problems such as depression and binge eating can also be linked to the rollercoaster of yo-yo dieting.

Fad-free secrets to weight loss

There is no magic formula. **The Vitality Eating System** is practical and flexible, and the weight loss is achievable and realistic. The healthy way to **lose weight successfully** and keep it off, is to eat a nutritionally balanced, low fat diet, containing starchy carbohydrates, such as bread, pasta and cereals, plus fruit and vegetables. This needs to be accompanied by exercise.



A quick and simple way to tell if you need to lose weight is to measure your waist circumference. Men with a waist measurement of over 94cm (90cm for Asian men) and women with a measurement of over 80cm, should consider losing weight.

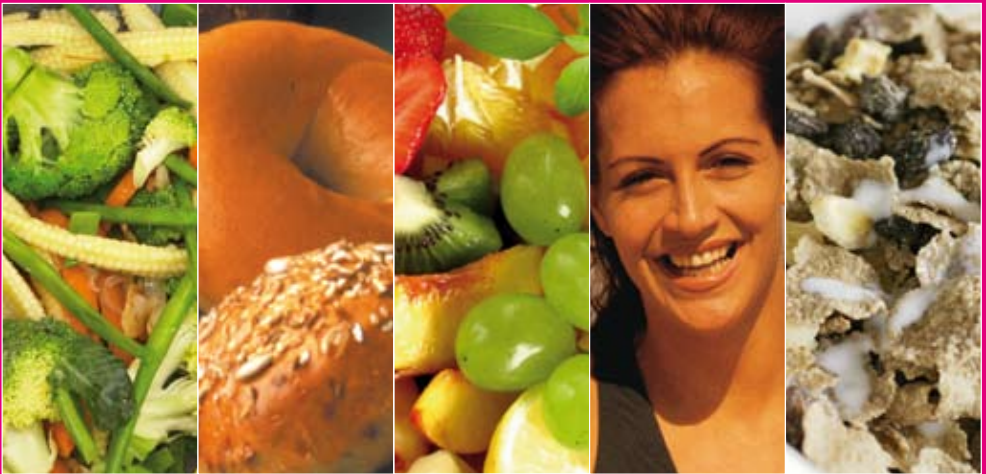
So what are you waiting for, eat right and feel great with
the Vitality Eating System

Diets don't work

This is not a quick fix diet promising miracle results but a realistic, achievable and healthy eating plan. Experts agree that the best and safest way to lose weight is to make long term lifestyle changes. As well as making changes to your diet you need to change the way you think, the way you eat, cook and shop and combine this changes with increased activity levels. If you are serious about losing

weight and keeping that weight off forget about dieting – think about a whole new way of eating.

The 14 day **VES** plan will give you an idea of the sort of foods and the portion sizes which should be eating. For more detailed information on how to lose weight visit www.bdaweightwise.com



Your weight

Your weight is a reflection of the balance between the amount of energy (calories) that you consume from foods and drinks and the amount of energy (calories) you use in exercise and activity. If you take in more calories than you use each day the excess will be stored on your body as fat. Everyone has different calorie needs (they depend on lots of things including your age, sex and activity levels) but if you are heavier than you should be it means that you are consuming more calories than you need. The simplest way to lose weight is to reduce your calorie intake (by making healthier food choices and reducing your portion sizes) and increasing your activity levels/taking regular physical activity.

Take the test

Carrying too much weight increases your risk of high blood pressure, type-2 diabetes, heart disease and some types of cancer. Your **body mass index (BMI)** expresses your weight in relation to your height and works out whether you are overweight, underweight or just right for your height.

Measure your height in metres and weigh yourself in kilograms. To work out your BMI, divide your weight by the square of your height.

Remember that as individuals we all come in different shapes and sizes. The BMI is a rough guide as to whether you are overweight in relation to your height.

My calculation	Example
A. My weight = _____ kg	71kg
B. My height = _____ m	1.65m
C. My height ² (B x B) = _____	1.65 x 1.65 = 2.72
D. My BMI (A ÷ C) = _____	71 ÷ 2.72 = 26

What it means

BMI less than 18.5: Underweight
You may need to eat more.

BMI 18.5 – 24.9: Normal weight
Good for you – make sure you eat a balanced diet and take regular exercise.

BMI 25 – 29.9: Overweight
Following this diet plan and taking more exercise will help you move towards a healthier weight.

BMI more than 30: Seriously overweight
Your health is at risk so you should follow this diet plan and start doing regular exercise. Check with your doctor before you start.

While the BMI provides a useful tool for most of us to assess our weight it only provides part of the picture. Where you store fat on your body is an important factor in determining the health risks associated with being overweight. Fat stored around the waist, producing an apple shaped body, is more likely to be linked with

health problems particularly an increased risk of non-insulin diabetes and heart disease. Fat stored around the hips, giving a typical pear shaped body, seems to be less problematic. To find out if you are carrying too much weight around your middle you need to measure your waist circumference.

Waist measurement for:	at increased risk	at high risk
European men	94cm (37 inches)	102cm (40 inches)
Asian men	90cm (36 inches)	
European and Asian women	80cm (32 inches)	88cm (35 inches)

Although the BMI is valid for both men and women over the age of 20, it does not provide an accurate guide to weight for athletes or people with a very muscular build or for older people who have lost muscle mass.

What is healthy eating?

The **Eatwell plate** shows that all foods can be part of a healthy diet. It divides foods into five groups and shows what sort of foods and how much you should be eating to achieve a healthy balanced diet. You don't need to get the balance right at every meal. But try to get it right over time such as a whole day



or week. According to the government, fat should provide 35% of our total daily calorie intake with only 10% of this from saturated fat.

For further information visit www.eatwell.gov.uk/healthydiet/eatwellplate

Fruit and vegetables

Aim for at least 5 servings a day. Try to include a variety of different fruit and vegetables in your diet each day. For tips on how to reach your 5-a-day target visit www.5aday.nhs.uk/

Starchy foods

Bread, cereals, potatoes, rice and pasta should provide around 33% of our daily calorie intake. Choose wholegrain varieties whenever possible.

Milk, yogurt, cheese and fromage frais and fortified soya products

Choose reduced and low fat varieties whenever possible.

Meat, fish, eggs, beans, nuts and seeds

If you eat meat choose lean cuts of meat. Try to have at least 2 portions of fish a week, one of which should be an oil rich variety such as salmon, mackerel or fresh tuna.

Foods and drinks high in fat and/or sugar

Foods in this group include mayonnaise, crisps, cream, biscuits, pastries, cakes and puddings, soft drinks, chocolate and confectionery. Think of these foods as treats rather than something that you eat every day.

www.fabflour.co.uk (see the nutrition section)

Diet myths

Calories eaten late at night are more fattening than those eaten during the day

Many diets forbid eating after 8pm. This is not because calories eaten at night are more likely to be laid down as fat, it's simply because we are more susceptible to overeating at night. It's all too easy, whilst sitting in front of the TV, to munch through half a packet of biscuits without noticing. The bottom line is that it's what you eat and how much you eat that's important not when.



Obesity can be caused by a slow metabolism

The idea that some people are less efficient at burning off excess calories than others may sound like the perfect explanation for obesity, but in fact there are an overwhelming number of studies to suggest it's just not true. The truth is that overweight people tend to have a higher metabolic rate and energy expenditure than those of normal weight, because it takes more energy to maintain their increased body size.

Obesity runs in families

Although obesity does tend to run in families (children with two obese parents have a 70% risk of becoming obese compared to less than 20% in children with two lean parents), the truth of the matter is that this probably has more to do with lifestyle than genes.



Low fat foods are the key to losing weight

Studies have shown that people who eat a high fat diet are more likely to be overweight than those who have a modest intake of fat. Popping a few pots of low fat yogurt into your shopping trolley each week won't necessarily help you shed those unwanted pounds. The danger is that choosing the low fat, sugar free yogurts can make you feel so virtuous that you tend to overcompensate in other areas. Eating one thick and creamy yogurt that you really enjoy is better than eating 3 low fat yogurts that leave you feeling unsatisfied and deprived.

Diet myths

Skipping meals is a good way to cut calories

The theory may seem logical, but in reality skipping meals can interfere with appetite regulation leading to overeating or bingeing. Experts agree that eating 3 small meals with a couple of small healthy snacks is the best pattern of eating.



Food combining stops your body laying down fat

Many people swear by food combining as a sure-fire way of shedding a few pounds. However, there is no scientific evidence to suggest food combining is any more effective than any other calorie controlled diet plan.

Grapefruit dissolves fat

If only it were true. Sadly scientists have yet to discover a miracle food or supplement that will burn fat. Grapefruit is, however, extremely low in calories. Half a grapefruit contains just 24 calories, which explains why it's so often recommended in diet plans.

Being on a diet means cutting out the foods you enjoy

Nothing could be further from the truth. Diets which demand that you cut out the food you enjoy are doomed to failure. Moderation is the name of the game when it comes to losing weight – a little of what you fancy will do no harm.

Eating spicy food helps speed up your metabolism

Some studies have shown that capsaicin, the active ingredient in chillies, can cause a rise in metabolic rate increasing the number of calories burnt each day. However, the studies used very large amounts of chilli – usually at least 10 grams a day, the amount in about five teaspoons – far more than most people can eat. If you want to boost your metabolic rate, don't count on spicy foods. The best way by far is to exercise regularly.



Facts about bread

Fact

Bread is low in fat

Low fat, nutritious, inexpensive and versatile, when eaten as part of a calorie controlled diet

bread can provide quick and convenient meals and snacks to help you achieve your healthier lifestyle. One medium slice of wholemeal bread provides 0.9g fat while one chocolate biscuit provides 3.1g. In



addition there are as many, if not more, calories in the spread you put on a slice of bread as in the bread itself. So use as little margarine or butter on bread as you can and spread it thinly. Opt for a reduced fat spread or even omit the spread if you're having bread with soup, or beans or cheese on top.

Fact

The salt content of bread has been reduced



The bread industry is committed to working directly with government and the Food Standards Agency to help promote a healthy balanced diet, which should include plenty of starchy foods like bread. Bakers are working

hard to cut salt levels in bread without compromising on taste and quality. Salt levels in bread have been reduced by some 25% over the past twenty years and as recently as 2005, the industry implemented a further 5% reduction. It means the Nation's favourite staple contains nearly 25% less salt than it did in the past, and further reductions are scheduled in the future.

Fact

Actual allergy to wheat is very rare

About 20-40% of people think they have a 'food allergy' and make changes to their diet that



are quite often unnecessary and usually not very helpful. In fact less than 2.5% of the adult population actually suffer from a food allergy. The actual number of people suffering from other adverse reactions/food hypersensitivity reactions to foods is unknown.



Facts about bread

Fact

Bread is an important source of fibre

More than a quarter of our daily fibre intake comes from bread – essential for a healthy digestive system. Research shows that fibre may help protect against certain cancers and type 2 diabetes. Six slices of wholegrain bread provide 70% of the recommended daily intake for fibre.



Fact

Bread and calcium

Due to the threat of a reduced supply of dairy products, calcium fortification of white flour began in the early years of World War II and continues today. Therefore bread and other products made from white flour are sources of calcium in the UK diet. In the most recent National Diet and Nutrition Survey white bread's contribution to adult mean calcium intakes was 13%. White bread provides 177mg of calcium per 100g. Four medium slices of white bread provides 236 mg of calcium, which is nearly a quarter of the recommended daily calcium intake for adults



(800mg). As the most abundant mineral in the body, calcium is vital for healthy bones and teeth. It also plays a role in numerous metabolic processes within the body.

Fact

Wholegrain bread is good for your health



Over 50 scientific studies have shown that eating wholegrain foods, as part of a balanced diet, can reduce your risk of suffering from heart disease and cancer by up to 30%. According to the British Nutrition Foundation, eating three servings of wholegrain bread or cereal can have major health and nutritional benefits. It is the wholegrain 'package' – including fibre, antioxidants, vitamins, minerals, carbohydrates and phytonutrients – that protects the body against many diseases.



Nutritional values of bread

What's in your loaf?

Per 100g edible portion	White bread	Brown bread	Wholemeal bread	Pitta bread	Ciabatta bread	Focaccia bread*
Calories (Kcal)	219	207	217	255	271	361
Protein (g)	7.9	7.9	7	9.1	10.2	10.8
Fat (g)	1.6	2.0	2.5	1.3	3.9	7.03
Carbohydrate (g)	46.1	42.1	42	55.1	52	68.11
Fibre (g)	1.9	3.5	5	2.4	2.3	2.8
Sodium (mg)	461	443	487	439	538	1011.4
Potassium (mg)	137	216	253	178	152	N/A
Calcium (mg)	177	186	106	138	121	137
Phosphorus (mg)	95	157	202	99	100	N/A
Iron (mg)	1.6	2.2	2.4	1.9	1.4	2.4
Copper (mg)	0.14	0.17	0.23	0.12	0.09	N/A
Zinc (mg)	0.8	1.3	1.6	0.8	0.7	N/A
Vitamin D (µg)	0	0	0	0	0	N/A
Vitamin E (mg)	trace	0.01	0.28	0	0.47	0.57
Thiamin (mg)	0.24	0.22	0.25	0.34	0.24	N/A
Riboflavin (mg)	0.08	0.07	0.05	0.038	0.06	N/A
Niacin (mg)	1.6	2.8	3.8	2.2	2.0	N/A
Vitamin B6 (mg)	0.08	0.17	0.11	0	0.07	0.17
Vitamin B12 (µg)	0	0	trace	0	0	N/A
Folate (µg)	25	45	40	20	21	81.5
Vitamin C (mg)	0	0	0	0	0	N/A

Source: Food Standards Agency (2002) McCance and Widdowson's *The Composition of Foods*, Sixth summary edition. Cambridge: Royal Society of Chemistry

* Focaccia based on a recipe from *Good Tempered Food* by Tamasin Day-Lewis – Weidenfeld & Nicolson – and *Complete Recipe Express*

Nutritional top tips

- There is no better way to start the day than with a **healthy, high carbohydrate breakfast** that will boost your energy levels, and your concentration and help lift your mood. You can start the day with a slice of toast or a bowl of breakfast cereal – so quick and simple to make. US researchers have found that people who eat breakfast are a third less likely to be overweight compared with those who skip the meal.



- It's very easy to confuse thirst with hunger which is just one reason why it's important to drink **plenty of fluid** throughout the day. You need to drink between 1.5 - 1.8 litres of fluid a day – water is of course **the best choice for your teeth and your waistline**. However juice, milk and even tea and coffee will count towards your fluid allowance.
- Although **wholemeal bread** contains more fibre and nutrients, white bread provides more dietary calcium.



- Eat at least **five** portions of fruit and vegetables a day. As well as fibre, fruit and vegetables are rich in vitamins (especially **vitamins A and C**), minerals and other important plant nutrients, which help keep you healthy and boost your immunity.



- Don't forget to include beans and pulses in your diet. They're **good sources of fibre** so keep you feeling full longer.
- Don't skip meals. Leaving long gaps between meals sends your body into starvation mode, triggering it to burn muscle instead of fat.
- Eat throughout the day. Plan to eat a meal every four or five hours, if possible, with **1– 3 healthy snacks** in between to keep you from getting over hungry.
- Research demonstrates that when eaten as part of a healthy diet, an increased intake of wholegrain foods such as multigrain bread **reduced the risk of heart disease, stroke, and diabetes** and can help to control weight.



Wholegrain foods must contain at least 51% wholegrains and include wheat-based foods such as wholegrain bread and breakfast cereals. Wholegrains are rich in B vitamins and iron.

Super sandwiches

For a really healthy sandwich it is best to make your own. Use medium sliced bread and fill with one of the following low fat fillings suggested:

- Wholemeal sliced bread filled with white crab meat mixed with chopped green apple, fresh dill and parsley, shredded little gem lettuce, squeeze of lemon juice, 1 tsp mustard and 2 tbsp reduced fat mayonnaise.
- Rye bread filled with finely chopped spring onion, low fat soft cheese, juice of ½ lemon, grilled lean smoked bacon, baby spinach leaves and cucumber.
- Wholemeal pitta bread filled with flaked smoked mackerel, chopped chives, horseradish sauce mixed with a little plain yogurt, watercress and a good squeeze of lemon juice.
- Toasted bagel filled with cooked peeled prawns, mixed with finely chopped green chilli, lime juice, chopped fresh coriander, black pepper and salt to taste.
- Bap filled with crunchy peanut butter, mango chutney, squeeze of lemon juice, sliced cooked chicken breast mixed with reduced fat mayonnaise and shredded iceberg lettuce.
- Wrap filled with mashed avocado and grilled lean back bacon, watercress and tomato.
- Sliced white bread filled with lambs lettuce, cooked lean ham and a sliced apple.

Understanding GI and GL

The **Glycaemic Index (GI)** ranks all carbohydrate foods according to the effect they have on your blood sugar level, against a glucose standard, which rates 100, the fastest of all carbohydrates to be absorbed into your bloodstream.

Foods that break down more slowly during digestion have a low GI and produce only a small rise in blood sugar. They include breads made from whole grains or containing whole grains, pasta, wholegrain cereals and pulses, fruit and vegetables. Eating protein or fat with a high GI carbohydrate will lower its GI – for example a slice of bread with butter or cheese has a lower GI than bread on its own. Adding milk to a bowl of cereal will also lower the GI of the meal.

Glycaemic Load is calculated by multiplying the GI of a food by the amount of carbohydrate

contained in a typical serving of that food. Many nutritionists believe it's a more reliable predictor of how a food will affect blood sugar levels. Foods with a GL of **10 or less** are considered low GL. **11-19** is medium GL and **20 or more** is high GL.

The GI is only one measurement of what makes a food healthy. Other factors such as the vitamin content and the amount and type of fat a food contains are also important. Some foods like chocolate and ice cream have relatively low GIs while others such as parsnips and bananas have relatively high GI. This doesn't mean that you shouldn't ever eat bananas and it's certainly not an excuse to eat lots of chocolate. For a healthy balanced diet you need to choose foods that have a low to medium GI and are also low in added sugar and fat.

Making sense of labels

Guideline Daily Amounts

To make nutrition information easier to understand, many manufacturers are now providing information as **Guideline Daily Amounts** (GDAs). **GDAs** give an indication of how much – or how little – of a nutrient you should be aiming to eat a day. For further information on labelling go to: www.eatwell.gov.uk or www.whatsinsideguide.com

	Energy (cals)	Total fat (g)	Saturated (g)	Total sugar (g)	Salt (g)	Fibre (g)
Women	2000	70	20	90	6	24
Men	2500	95	30	120	6	24

Making sense of the figures

Looking at the labels on the food you buy can provide a wealth of information. Of course if you had to scrutinise the small print on every last thing you popped in your shopping trolley, you'd never have time to do anything else, so here's a quick guide to reading the labels.



Look at the amount of a particular nutrient per serving or per 100g for snacks or cooking ingredients. Check out the table below to find out if it's high or low in that nutrient.

	High	Low
Fat	more than 20g	less than 3g
Saturated fat	more than 5g	less than 1g
Sugar	more than 10g	less than 2g
Fibre	more than 3g	less than 0.5g
Sodium	more than 0.5g	less than 0.1g

The Vitality Eating System



14 day weight loss plan

How many calories

The diet plan provides approximately **1400** calories a day which when combined with regular exercise should be enough to help you achieve a safe steady weight loss. The Department of Health recommends that people trying to lose weight should aim for between 45-60 minutes of physical activity per day.

- If you have less than a stone to lose, you should also choose **1** snack each day.
- If you have between one and three stone to lose, aim for **1500** calories, including **2** snacks.
- If you have more than three stone to lose have **1750** calories, including **3** snacks.
- Men can eat slightly larger portions of the suggested meals and include at least **3 – 5** snacks, aiming for a total of about **2250** calories per day.

How the plan works

There's no need to count calories we've already done the hard work for you – all you need to do is to select your choice from the list of breakfast, lunch and evening meal options given below. You're also allowed 225ml of semi-skimmed milk to use in tea and coffee throughout the day plus 2 items from the list of snacks and treats. If you have less than 1 stone to lose select **1** snack only.

Want to do your own thing?

That's fine – the plan is based on 1400 calories – you're allowed a total of 300 calories at breakfast, 350 calories for lunch, and 500 calories for your evening meal. If you want to choose a ready meal, sandwich or snack that fits into those calorie bands feel free to substitute. You can swap any of the suggested fruits for another fruit of your choice if you'd prefer but remember it's important to eat a variety of different fruits over the course of a week. If you chose ready meals remember to check the salt and calorie content plus serve ready meals with an extra portion of vegetables or salad to increase fibre intake and the feeling of satiety.

Snacks



(approximately 125 calories each)

- One (200ml) yoghurt drink
- One pot low fat fruit yoghurt
- One slice wholemeal toast with 1 teaspoon of spread and 2 teaspoons of jam
- 1 apple and 1 large banana
- 2 crispbreads with 2 teaspoons of peanut butter
- 5 Brazil nuts or walnuts
- 1 small banana and 4 dried apricots
- One small wholemeal roll with 1 teaspoon spread and Marmite
- ½ English muffin with 1 teaspoon of spread; 1 small fruit (e.g. satsuma)
- 1 banana mixed with 2 tablespoons of low fat plain yoghurt
- 1 small bowl (25g) of bran flakes / cornflakes with 150ml of skimmed milk
- One slice (40g) French bread with 1 teaspoon of spread
- 1 oatcake with 1 tablespoon of hummus and carrot, cucumber and celery sticks

See opposite for the number of daily snacks you are allowed

Fruit and vegetables

What's a portion?

Where one portion of fruit is indicated on the menu, select one from this list. Vary your choices so you get more nutrients.



- 1 medium fruit: apples, oranges, bananas, peaches and pears

- 2 small fruit: satsumas, apricots, plums and kiwi fruit

- 3 heaped tablespoons of berry-type fruits: grapes, strawberries, raspberries and cherries

- Half large fruit: mangos, papayas and grapefruits

- 150ml serving of 100% fruit juices.

Note that only 1 serving of fruit juice can count towards the 5-a-day recommendation. Excess consumption of fruit juices is not recommended as they are high in calories and sugars which increase the risk of dental caries.

- 80g of mixed salad vegetables

- 3 tablespoons of cooked vegetables: broccoli, cauliflower, carrots and green beans

- 3 tablespoons of pulses: baked beans, kidney beans, lentils and chickpeas.

Note that only 1 serving of pulses can count towards the 5-a-day recommendation.



Day one

Breakfast

1 small glass (150ml) unsweetened fruit juice.

Bacon sandwich made from 2 slices of wholemeal or granary toast spread with tomato ketchup, 2 rashers of lean bacon, sliced tomatoes.

V Scrambled egg on toast.

Lunch

Brie, mango chutney and watercress sandwich

Made with 2 slices of granary bread with a thin layer of half fat butter or reduced fat spread, add 40g thinly sliced brie, 1tbsp of mango chutney and plenty of watercress.

1 pot sugar free jelly.

1 satsuma or fresh fruit of your own choice.

Evening meal

Chicken tikka masala

Heat 1tsp of oil in a non stick pan, add 100g diced chicken breast and cook for 3-4 mins. Add 1 heaped tsp of mild curry paste, 200g can chopped tomatoes and cook for 10 mins. Stir in a good handful of fresh spinach and 1 pot low fat bio yogurt. Serve with 60g (uncooked weight) basmati rice.

1 pot low fat yogurt.

V Replace chicken with can of chickpeas.

Day two

Breakfast

1 small glass (150ml) unsweetened fruit juice.

3 heaped tbsp (40g) bran flakes with 200ml semi skimmed milk, 1tbsp dried cranberries or chopped ready-to-eat dried apricots.

Lunch

Couscous salad

Place 50g couscous in a large heat proof bowl, pour over enough boiling water to cover the surface, cover and allow to stand for 10 mins. Fluff the couscous with a fork then add 2 finely chopped spring onions, 4 halved cherry tomatoes, 2 roughly chopped apricots, 100g cooked chicken and 1tbsp chopped fresh mint (optional).

Pear or fresh fruit of your choice.

V Replace chicken with 25g toasted pine nuts or flaked almonds.

Evening meal

Chilli con carne

Heat 1tsp of vegetable oil in a pan, add 1 small finely chopped onion and ½ sliced red pepper and cook for 3-4 mins. Add 100g of extra lean mince beef cook for 10 mins. Stir in 200ml pot fresh tomato salsa and 3tbsp of canned kidney beans. Serve with 1 medium jacket potato and 3tbsp ready prepared tzatziki.

V Use quorn mince instead of beef.

Day three

Breakfast

1 small glass (150ml) unsweetened fruit juice.
Stir 4tbsp (40g) sugar-free muesli into 150g pot low fat yogurt. Add 50g blueberries and 1 chopped apple.

Lunch

Hummus and carrot pitta

To make the hummus use 100g of canned chickpeas and place in a blender with 1 teaspoon olive oil, 1 crushed garlic clove, 1 finely chopped red pepper, fresh coriander and a squeeze of lemon juice for flavour. Spoon into 1 small wholemeal pitta (40g).

1 pot low fat fruit rice pudding.

2 plums or kiwi.

Evening meal

Cod with cheesy mustard crust

Preheat oven to 200°C/gas mark 6. Place 1 cod fillet on an oiled baking sheet. Mix 25g half fat grated cheddar cheese, 1tsp of wholegrain mustard and 1tbsp of milk then spoon the mixture over the fish. Place in the oven and cook for 20 mins. Serve with 1 small jacket potato and leeks.

V Replace cod with bean burger, serve with large portion ratatouille and 1 small jacket potato.

Day four

Breakfast

1 small glass (150ml) unsweetened fruit juice
1 poached egg on 1 slice of wholemeal or granary toast.

1 small ripe mango or bowl of canned grapefruit.

Lunch

1 bowl of tomato soup.

4 oatcakes each spread. with 1 heaped tsp of light soft cheese.

Strips of red pepper and carrot sticks.

1 pot of low fat yogurt.

Evening meal

Pork kebabs

Mix 2tbsp tomato ketchup, 2tbsp worcester sauce, 1tbsp runny honey, 1tsp English mustard and 1 clove crushed garlic. Cut 100g lean pork into bite sized pieces. Slice 1 small red onion, 1 courgette and 1 small red pepper into cubes. Thread the meat and the vegetables onto 2 metal skewers, brush with the marinade and place under a medium grill until cooked.

Serve with 60g brown rice cooked according to packet instructions.

V Large serving ratatouille in one medium jacket potato topped with 40g grated reduced fat cheddar cheese.

Day five

Breakfast

1 small glass (150ml) unsweetened fruit juice.

Apple and muesli yoghurt

Place 1tbsp raisins in a small bowl, pour over 4tbsp apple juice, cover and allow to soak overnight. Stir the raisins, 2tbsp apple sauce, 2tbsp muesli with 1 pot of low fat yogurt.

Lunch

Chicken fajita

Slice 1 skinless chicken breast into thin strips and stir fry in non stick pan in 1tsp of oil for 3-4 mins. Add ½ small finely chopped red onion and 1 small sliced pepper and 1tsp fajita seasoning. Mix with 3tbsp tzatziki and spoon into soft flour tortilla.

✓ Replace chicken with 4tbsp of mixed bean salad.

Evening meal

Salmon with a cucumber sauce

Place 4tbsp greek yogurt in a small bowl, stir in 50g chopped cucumber, 2 finely chopped spring onions, 1tsp chopped fresh chives and seasoning to taste. Brush 1 salmon fillet with a little lemon juice. Place salmon under a hot grill and cook for 5 mins each side or until the fish is cooked. Serve with 3 boiled potatoes and sugar snap peas.

✓ Stir fried vegetables with 25g cashew nuts and 60g rice noodles cooked according to packet instructions.

1 pot reduced fat chocolate mousse.

Day six

Breakfast

1 small glass (150ml) unsweetened fruit juice.

1 cinnamon bagel, toasted and spread with 1tsp low fat spread.

Lunch

Tuna pate

Place 100g drained tuna in water, 45g low fat soft cheese, the zest and juice ½ lemon and 1tsp snipped fresh chives in a food processor and blend until smooth. Spread over 2 slices of granary toast and serve with green salad and fat free dressing.

✓ Instead of tuna pate use 75g reduced fat hummus.

Slice of fresh pineapple or fresh fruit of your choice.

Evening meal

Beef stroganoff

Slice 100g lean beef steak into thin strips. Heat 1tsp of vegetable oil in non stick frying pan, add the beef and cook for 3-4 mins or until browned. Remove the meat and set to one side. Add 1tsp of oil then add 1 finely chopped small onion and 50g roughly chopped button mushrooms and cook over a low heat until the onions are soft. Return the meat to the pan, add 100ml of chicken stock, ¼tsp of mild paprika and seasoning to taste. Bring to the boil and cook for 1-2 mins. Reduce the heat and stir in 100ml 0% fat greek yogurt. Serve with a large portion of steamed broccoli and 1 medium baked sweet potato (175g).

✓ Increase chopped mushrooms to 125g. Fresh fruit salad.

Day seven

Breakfast

1 small glass (150ml) unsweetened fruit juice.

2 slices wholemeal or granary bread lightly toasted. Top each slice with 1tsp of peanut butter and half a mashed banana.

Lunch

Roasted vegetable and pasta salad

Slice 1 courgette, 1 red pepper, 1 small red onion and ½ small aubergine into bite sized pieces. Place in a roasting tin, drizzle over 1tbsp of olive oil, season to taste and cook at 200°C/gas mark 6 for 20 mins or until cooked. Mix with 100g cooked pasta spirals, 3 roughly chopped pitted black olives. Stir in 1tbsp of your favourite low fat salad dressing.

Evening meal

Chicken with red pepper and soft cheese

Place 1 large red pepper under a hot grill for about 15 mins or until the skin is black and blistered. Cover with a clean wet cloth and allow to cool then remove skin. Place half the pepper and 25g reduced fat soft cheese in a food processor and puree until smooth. Using a sharp knife make a lengthways cut through chicken breast to create a pocket. Spoon cheese mixture into pocket. Wrap in foil and place in a preheated oven at 190°C/gas mark 5 for 30 mins or until the chicken is cooked. Place the remaining pepper in a blender with 100ml chicken stock and puree until smooth. Place in a small saucepan, gently heat and stir 1tbsp reduce fat crème fraiche.

V Grill 2 vegetarian sausages and serve with 5tbsp cooked lentils and steamed broccoli.

1 pot low fat yoghurt.

Day eight

Breakfast

1 small glass (150ml) unsweetened fruit juice.

2 slices wholemeal bread lightly toasted and topped with 1 mashed medium sized banana.

Lunch

Caesar chicken wrap

Slice 100g cooked chicken breast into thin strips, mix with 2tsp Caesar dressing and 1tsp of Parmesan cheese and sliced Cos lettuce, spoon the mixture into the middle of a flour tortilla, fold and roll to secure filling.

Pot of sugar free jelly. 1 Apple.

V Fill the wrap with red pepper, hummus and alfalfa.

Evening meal

Baked cod with herb crust with Mediterranean vegetables

Dice 1 thick slice of crusty bread (about 60g) into 2cm cubes. Mix with 2 tsp fresh basil, 1 crushed clove of garlic and 2 de-seeded and diced plum potatoes. Add 1 beaten egg and 15g melted butter and mix well. Place 1 cod steak on a lightly oiled baking sheet, spoon over the bread mixture and place in preheated oven 200C/gas mark 6 for 15mins or until the fish is cooked. To prepare the vegetables slice 2 courgettes, 1 small red pepper, 1 small red onion and a handful of mushrooms and place in a roasting tin. Drizzle with 1tbsp of olive oil and place in the oven with the fish.

1 pot 'diet' chocolate mousse.

V Replace cod with bean burger.

Day nine

Breakfast

1 small glass (150ml) unsweetened fruit juice.
3 heaped tbsp bran flakes with 200ml semi skimmed milk, tbsp raisins or chopped dried apricots.

Lunch

Feta and pasta salad

100g (cooked weight) pasta mixed with 1/2 diced red pepper, 2tbsp of canned sweetcorn and 50g crumbled Feta cheese and 1tbsp of low fat salad dressing.

Low fat fruit yoghurt. 1 satsuma.

Evening Meal

Chilli with crispy paprika croutons *(serves 2)*

Heat 1 tsp of oil in a nonstick pan, add 1 finely chopped onion and 1 diced red pepper and 175g extra lean minced beef and cook over a high heat for 2-3 mins. Stir in 2 tsp of flour, 200g can tomatoes, 150ml beef stock, 1tsp tomato puree, 1tsp chilli powder, 1 tsp sugar and half a 410g can of red kidney beans. Bring to the boil and simmer for 20mins. To make the croutons, slice 2 thick slices of crusty bread (about 100g) into cubes. Mix 1tbsp of oil with a good pinch of chilli powder and paprika and 1 crushed clove of garlic. Add the bread and toss until well coated. Place the bread on a baking tray and pop into a hot oven until golden. Spoon the chilli onto serving plate, top with croutons and serve with large green salad with fat free dressing.

V Use quorn mince instead of beef.

Day ten

Breakfast

1 small glass (150ml) unsweetened fruit juice.
Stir 4tbsp sugar-free muesli into 150g pot low fat yogurt. Add 50g raspberries or blueberries.

Lunch

Tomato and goats cheese bruschetta

Preheat oven to 190°C/gas mark 5. Arrange 1 thick slice (about 50g) from a part bake ciabatta loaf on baking sheet and brush with 1tsp of oil and bake until golden and crispy. Allow to cool. Top with 50g soft goats cheese, halved cherry tomatoes and fresh basil.

Stir seeds of 1 passion fruit into 1 small pot of low fat rice pudding

Evening Meal

125g gammon steak (grilled), 4tbsp reduced fat coleslaw, 3 boiled baby new potatoes

1 pot 0% fat free Greek yogurt, 2tsp maple syrup.

1 Pear.

V Stir-fried vegetables with 25g cashew nuts.

Day eleven

Breakfast

Porridge made with 45g oats and 200ml semi skimmed milk, topped with 1tbsp raisins.

Lunch

Mushrooms on toast

Heat 1tsp of oil in a non-stick pan, add 2 roughly chopped rashers of lean back bacon, a large handful sliced mushrooms and 2 thinly sliced spring onions and cook for 5 minutes. Stir in 2tbsp half fat crème fraiche. Serve with 1 thick slice of toasted Granary bread. Serve with grilled tomatoes.

1 pot low fat fruit yogurt.

V Omit bacon.

Evening Meal

Sausages with lentils

Heat 2tsp of oil in a non-stick pan, add 1 small finely onion, 1 chopped stick of celery and 1 crushed clove of garlic and cook for 4-5 minutes. Add 5tbsp canned lentils and 1tbsp of Worcestershire sauce. Serve with 2 grilled low fat sausages and sugar snap peas.

1 pot crème caramel.

V Replace Worcestershire sauce with soy sauce and sausages with vegetarian sausages.

Day twelve

Breakfast

1 small glass (150ml) unsweetened fruit juice.

1 bowl canned grapefruit.

2 poached eggs on 1 slice of wholemeal or Granary toast.

Lunch

Prawn fajitas

Spray non-stick pan with a little olive oil. Toss 125g cooked peeled prawns in ½tsp Fajita seasoning, and saute until hot. Spoon the prawns into 1 soft flour tortilla, add ½ small sliced avocado, fold and serve.

Large slice of melon.

V Replace prawns with 4 heaped tbsp of mixed bean salad.

Evening Meal

Lemon and chicken stir fry

Slice 1 skinless chicken breast into thin strips. Heat 2tsp of vegetable oil in a wok and stir fry the chicken with a selection of your favourite vegetables (redpeppers, broccoli, mushrooms, bean sprouts, baby sweetcorn, spring onions, carrots). Mix 1tbsp of wholegrain mustard, 1tsp of honey and the zest and juice of ½ a lemon and stir into the stir fry mixture. Serve with 70g (dry weight) egg noodles.

Fresh fruit salad

V Replace chicken with quorn or tofu.

Day thirteen

Breakfast

1 small glass (150ml) unsweetened fruit juice.
45g bran flakes (or other wholegrain cereal) topped with 1 portion of fresh fruit (eg sliced banana, chopped apple or pear) served with 125ml semi-skimmed milk.

Lunch

Ham and cheese bagel

Slice 1 onion bagel in half. Spread each half with 1tbsp of low soft cheese, add 75g wafer thin smoked ham and a couple of slices of cucumber.

1 pot low fat yoghurt and 2 plums.

V Replace ham and soft cheese with hummus

Evening Meal

Welsh cheese bake (serves 2)

Heat 2tsp of oil in a non-stick pan and cook 125g sliced leeks until soft. Toast 4 thick slices of bread on one side and lightly spread the un-toasted side with low fat spread. Slice into fingers. Place one third of the bread, toasted side down in a small ovenproof dish. Grate 60g half-fat Cheddar cheese. Spoon one third of the leeks over the bread and top with one third of cheese. Repeat layers finishing with cheese. Beat 1 large egg with 225ml skimmed milk, ½tsp mustard and pinch of cayenne pepper and strain over the leek and cheese mixture. Bake at 180°C/gas mark 4 for about 40 mins or until golden.

Serve with broccoli or sugar snap peas.

Fresh fruit salad.

Day fourteen

Breakfast

1 small glass (150ml) unsweetened fruit juice.
Bacon sandwich made from 2 slices of wholemeal or Granary toast spread with tomato ketchup. 2 rashers of lean bacon, sliced tomatoes.

Lunch

Slice 60g French bread in half lengthways and place under a hot grill for 2-3mins or until lightly toasted. Spread 1tsp red pesto over the surface, top with a layer of thinly sliced tomato, and 50g wafer thin smoked ham. Sprinkle over 25g grated reduced fat. Grill for 3-5mins or until the cheese has melted. Serve with a large green salad with fat free dressing.

Fresh fruit.

V Replace ham with strips of roasted red pepper.

Evening meal

Fish cakes with roasted vegetables

Slice 1 small onion and one small red pepper into quarters and place in a roasting tin along with 1 sliced courgette, 75g baby sweetcorn, drizzle over 1tbsp of olive oil and place in a hot oven for 20 minutes or until cooked. Cook fish cakes according to the manufacturers instructions and serve with the vegetables.

Stewed rhubarb stirred into 0% fat Greek yoghurt.

V Serve vegetables with 50g crumbled feta cheese and 100g cooked pasta.

Activity

Regular activity is vital for good health and weight loss. Not only do you burn calories during exercise but it also boosts your metabolism, making you burn more calories even when you're not exercising.

Regular activity will:

- **Help control your weight**
- **Improve your body tone and shape**
- **Protect your health by lowering the risk of heart disease, type 2 diabetes, cancer and osteoporosis**
- **Increase your fitness and strengthen your heart and lungs**
- **Strengthen your bones**
- **Reduce stress and boost your mood**



How much?



To reduce weight and to maintain weight loss, the Department of Health suggests adults should achieve a total of at least **30 minutes a day** of at least moderate intensity physical activity on **5 or more days of the week**.

This should include a combination of **cardiovascular exercise** (anything that makes you feel slightly out of breath) – such as **fast walking, running, cycling or swimming** – and **strength training** - such as weight training or toning with tubing or resistance bands.



However it is better to undertake a 10 minute exercise session than nothing at all. Aim for a realistic and practical 10 minute session during the day and repeat 3 times daily.

	Calories burned in 10 minutes*
Standing	14
Sitting (reading)	11
Walking around at work	23
Fast walking	53
Running	95
Gardening	59
Swimming	95
Cycling (leisurely)	71
Salsa dancing	53
Yoga	47
Tennis	83

* Source: American Heart Association, John Hopkins University

Build activity into your daily routine – walking or cycling some or all of the way to work, taking the stairs, going for a walk in your lunch break, cleaning the car, dancing, or playing with your children in the park.



Positive thinking

The key to success in exercise is setting your goals and focusing your mind on reaching them.

Make a list

Write down **five reasons** why you want to lose weight. This will focus your mind on achieving your goal. If you have a great reason for doing something you'll be motivated to stay the course. Committing your goals to paper signals a **commitment to change**.

Set realistic goals

Your weight loss goal should be **realistic** – attainable for your body size, natural shape, and lifestyle.

Read your list each day



Keep this list somewhere you can see it each day, such as on a bulletin board, your fridge door or your desk at work. The goals will constantly remind you that they are **waiting to be achieved**.

Make a date

Set a **clear timescale** for reaching your goal. Decide on a deadline – this prompts action and sets your plan in motion. Without a clear deadline, it's easy to put off starting your programme and you end up never achieving your goals.



Visualise

Have a clear mental picture of how you will look once you have achieved your goal. Imagine what you will be wearing, how you will be feeling and what your life will be like. **Visualising success** is a powerful tool in achieving success. Use an old photo of yourself that you like or a magazine photo for inspiration.

Believe it's possible

Being slim isn't something that happens to other people – it can happen to you too. You have to believe that you will lose weight and be slim. Ban negative phrases, such as 'I can't', from your vocabulary; instead try to see the **positive 'can do'** side at all times.

Reward yourself

Give yourself a **reward** when you have reached a goal. Decide this in advance to **boost your motivation** – perhaps a new outfit, a trip to the theatre, or a salon beauty treatment.

Healthy inspirations

Fitness resolutions – the benefits of physical activity

In combination with a balanced diet, exercise is the only way to change the shape and strength of your body. If you want to learn more about the benefits of exercise just read the following list.



Regular exercise can...

Help you lose weight, especially body fat

Lower Body Mass Index (BMI),
your weight to height ratio

Reduce bad cholesterol (LDL), and
raise good cholesterol (HDL)

Help prevent osteoporosis,
by increasing bone density

Increase stamina and endurance

Strengthen the immune system

Increase your sexual libido
and performance

Help reduce stress levels

Improve your self-esteem

Restore your body confidence

Top ten tips for weight loss

Don't weigh yourself more than once a week

Ensure you drink at least 1.5 litres of water a day

Reduce your portion sizes

Always eat breakfast

Read and understand labels

Don't skip meals or cut calories drastically to lose weight

Identify the reasons and occasions when you overeat

Recognise the signals when you are full – you don't have to finish every last bite

Don't consume processed foods more often than fresh foods

Stay positive



Secrets of a healthy life

- Increase your exercise levels and become more active in your daily life
- Eat less fat and proportionally more wholegrain and high fibre carbohydrate foods
- Reduce portion sizes of high fat foods
- Plan regular meals, including breakfast
- Choose lower salt and lower sugar options of your favourite foods
- Treats in moderation will do no harm



www.bakersfederation.org.uk



www.fabflour.co.uk

Grain Information Service

www.graininformationservice.co.uk

Flour Advisory Bureau
21 Arlington Street London SW1A 1RN
Tel: 020 7493 2521 Fax: 020 7493 6785