

Weight Reducing - Sensible Slimming: Menu Planning

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Benefits:

- Menu planning can be a really helpful way to become more aware of the meals you are eating over a period of time – usually a week.
- Helps you to budget your weekly spend on food
- Can help you to avoid ‘emergency’ takeaways or convenience foods which can be expensive and higher in calories.
- Reduce the risk of wasting food and money

Top Tips:

- Aim for 3 regular meals per day
- Ensure you include a minimum 5 portions of fruit and vegetables per day – this includes fresh/frozen/tinned (in juice), dried (1 tsbp/day) and fruit juice (150ml/day).
- Aim for at least 2-3 portions of low fat/low calorie milk/dairy foods per day. If you use dairy alternative milk please check it is fortified with calcium.
- Choose low calorie alternatives where possible
- Be aware of your portion sizes, see *Sensible Slimming patient information sheet* for further guidance. If your portions are larger than recommended, aim to reduce them gradually.
- Try to choose higher fibre foods such as wholemeal/wholegrain/brown and granary as these are good for digestion and may help to keep you fuller for longer.

This table shows an example meal plan for 7 days

Breakfast	Lunch	Evening meal
25-40g (1 to 1½ oz) cereal Low fat milk Small banana or Glass of fruit juice	Sandwiches (2-3 slices of bread) Lean meat and salad Low calorie yogurt e.g. Muller Light, Weight Watchers and Activia Light	Mince (dry-fried with fat drained off). Use for Shepherd’s Pie, Spaghetti Bolognese or chilli-con-carne and rice. Use any herbs/spices and tinned tomatoes or a low fat tomato-based cook- in sauce with a large helping vegetables/salad. Fresh fruit salad.
2 – 3 slices toast Thin scrape of low-fat spread Jam or marmalade Fresh fruit or Glass of fruit juice	Sandwiches Tuna and salad Yogurt (as above)	Smoked haddock–poached with a jacket potato and large helping vegetables Sugar-free jelly and fruit tinned in natural juice

Breakfast	Lunch	Evening meal
Either of the above	Sandwiches Low-fat cheese and salad 1 fresh fruit	Chicken breast-grilled, casseroled or curried (use low-fat cook-in-sauce) with potatoes or rice and a large helping of vegetables Yogurt (as above)
Either of the above	Sandwiches (as above) or Jacket potato with tuna and salad or baked beans Yogurt (as above)	Tuna pasta (per person): Mix together chopped tinned tomatoes, chopped mushrooms, sliced red pepper and mixed herbs. Simmer until vegetables are cooked and thicken with cornflour and water. Add 100g (4oz) flaked tuna and heat through. Serve with pasta. Sprinkle with parmesan. Fruit in natural juice
Either of the above	Sandwiches (as above) or 2-3 slices toast with baked beans, scrambled eggs, or tinned fish. 1 fresh fruit	Grilled or oven baked fish (white or oily) with oven chips or potato wedges and a large helping of vegetables Light rice pudding
2-3 slices toast Thin scrape of low-fat spread Boiled egg	Non-cream soup with 2-3 slices bread/toast or Jacket potato with low-fat cheese and pickle and salad 1 fresh fruit	Lean meat e.g. gammon, steak, chicken, bacon grilled or casseroled with a jacket or boiled potatoes and a large serving of vegetables Fresh fruit salad
2-3 slices toast Thin scrape of low-fat spread Poached egg and grilled tomatoes	Roast dinner with lean meat Boiled or jacket potatoes Large helping of vegetables. Baked or stewed apple (with cinnamon and sultanas) and custard made with low-fat milk or natural yogurt	Large mixed salad with lean meat, tinned fish or 1-2 boiled eggs and 2-3 slices bread Yogurt (as above)



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To provide every patient
with the care we want
for those we love the most

