

## Weight Reducing - Sensible Slimming

### **Foods containing fat**

- Use a 'light' or low-fat spread on bread and always spread thinly. If you use margarine or butter, spread thinly.
- Avoid fried food, try to grill, bake, roast, poach, steam or microwave instead.
- If you do fry or stir-fry occasionally, use a small amount of oil or use a spray-oil to lightly coat the pan.
- Cut down on pastry, cakes, biscuits and chocolate.
- Tomato-based sauces tend to be lower in fat than creamy varieties. If you are buying a premade sauce, choose sauces with less than 5g fat per 100g.

### **Alcohol**

- Alcohol is high in calories so limit your intake. Stronger versions are even higher in calories (kcal)
  - 1 pint beer/lager/cider: 180-240kcal
  - 1 single measure of spirit (25ml): 50-55kcal
  - 1 glass of wine: 70-95kcal

### **Fibre**

- Fibre is needed to help maintain a healthy digestive system. It can also help reduce cholesterol levels and keep you feeling fuller for longer. To increase your fibre intake:
- Choose wholemeal/wholegrain bread
  - Choose brown rice/pasta
  - Aim for 5 portions of fruit and vegetables/day
  - Add beans/lentils and pulse to casseroles and stir-fries.