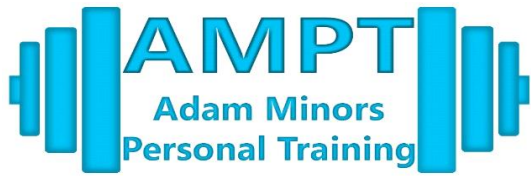


Foods to eat less of...

Tick those foods that you think you could start to eat less of.

- Butter and margarine (use low fat alternatives and spread them thinly)
- Cooking oils (use as little as possible)
- Meat (choose lean meats only, always cut away visible fat, avoid crackling on pork and make chicken or turkey a very healthy meat by removing the skin.)
- Milk (choose semi-skimmed or skimmed milk where possible)
- Cheese (watch out! It can contain up to 40% fat. Choose much smaller portions and look for low fat cheeses.)
- Yoghurt (replace with low calorie or diet yoghurts)
- Mayonnaise (can be up to 80% fat, try mayonnaise-free sandwiches)
- Sausages (look for the less than 5% fat variety)
- Meat pies
- Burgers
- Pizzas
- Puddings/Desserts
- Ice-cream (there is nothing wrong with the occasional scoop of ice-cream, but try to avoid luxury ice-creams.)
- Chocolate
- Cakes
- Biscuits
- Pastry
- Chips (choose low-fat oven chips, they are much healthier)
- Crisps and other savory snacks
- Fried foods
- Sugar
- Sweet fizzy drinks (including diet options)
- Alcohol (loads of calories, few nutrients and weakens your determination)



Foods to eat more of...

Tick the foods below that you think you can eat more of, or swap to.

- Brown rice (not fried!)
 - Potatoes (not prepared in butter or oil)
 - Wholemeal bread (use low fat spread and spread as thinly as possible)
 - Vegetables
 - Fruit, including dried
 - Nuts and seeds
 - Wholemeal pasta (avoid creamy sauces, instead choose tomato based sauces)
-
- Breakfast cereals with skimmed or semi-skimmed milk

Good choices include:

- All Bran
- Shredded Wheat
- Shreddies
- Weetabix
- Porridge