

Your **simp**ortion **Support Pack**

This resource contains dietary information and food portions advice to help you lose weight. The plan should only be used under the supervision of the weight management dietitian. Some people may have an existing medical condition such as diabetes, kidney disease or heart disease which may involve following specific dietary advice. If you have any of these conditions, the portion plan may need to be tailored to your needs. It is important that you inform the dietitian of any existing medical conditions at your appointment.

Welcome to simportion!

simplyweight are here to encourage and support you in altering your eating habits and lifestyle in order to achieve long-term weight loss.

We will support you to make realistic changes, but losing weight is hard work and requires dedication and patience. What you get out of this programme will depend on how much commitment you put into it.

Successful weight management

Every time we eat and drink, we are consuming energy in the form of calories. Most of these calories are used for general body functions like breathing. The rest of the calories are used for physical activities such as walking.

If we take in more calories than our bodies need, we gain weight, even when eating healthy foods. In order to manage our weight successfully, we need to find a balance between what we eat, and what our bodies actually need. We need to know when we are having 'too much'.

This booklet will help you to get the right balance with a portion control meal plan.

How does simportion work?

Don't like counting calories? Don't worry, we don't either! **simportion** teaches the art of portion control. We call it an art because a healthy diet should be flexible and enjoyable. Our experts have derived a formula to calculate ideal portions based on your personal details. By self-managing your portions and understanding nutrition, you can enjoy your favourite foods with zero guilt.

By following this portion control plan you will get the right balance of energy to manage your weight. At the same time, you will get a good overall balance of nutrients such as vitamins and minerals needed for good health.

For the purpose of this plan, foods and drinks have been divided into different 'food groups'. You will be asked to choose a number of portions from each food groups for each day. The number of portions

recommended will be individual to you and may be based on your body weight, gender, age and your activity levels.

When following this plan, it is important that you do not exclude any of the food groups entirely from your diet.

Remember, no food is banned (within reason!). All foods when balanced in the right proportions can form the basis for a healthy and enjoyable diet.

You may want to follow the example meal plan below, or develop your own healthy eating plan with the help of your dietitian.

Daily Meal Plan with Portion Control

Food Group	Example meal plan	My personal plan
Fruits & Vegetables	5-7 portion	
Starches	6-7 portions	
Protein	2-3 portions	
Dairy	3 portions	
Fats (oils, spreads & creams etc.)	2-3 portions	
No-nutri calories	300 calories	

If you are not sure on how to use the meal plan, please discuss this with you dietitian.

Before You Get Started!!

Before you start your plan, we recommend that you follow these very important 3 steps:

- 1. Establish a regular eating pattern:** Research shows that prolonged periods of time without food can lead to food cravings and compulsive eating.
- 2. Avoid skipping meals:** Skipping meals on a regular basis, especially breakfast, can slow down your metabolic rate. This means that you will probably find it harder to lose weight.
- 3. Plan your meals:** Avoid making decisions about what to eat when you are hungry or tired. Planning your meals ahead can make it easier to stick to a healthy eating plan.

What is a regular eating pattern?

- To eat at least 3 meals per day (always including breakfast) *or*
- Eating 2-3 main meals and 2-3 healthy snacks a day
- Eating meals roughly at the same time, every day of the week
- Having your snacks at roughly the same time most days, seven days a week
- If you work irregular hours, you can still have a meal pattern for each work shift

Portion Size Guidance

The amounts of foods given here are described in terms of estimated weight and handy household measures. This will help you assess your own food portions more easily, especially when eating out.

Measures

- Teaspoon (tsp)
- Dessertspoon (dss)
- Tablespoon (tbs)

Food Group 1 - Fruits and Vegetables

These foods are packed with nutrients and are relatively low in calories.

(about 50 calories each portion)

- 10 florets of broccoli (160g)
- 1 apple / pear (100g)
- 2 large carrots (160g)
- 1 small banana (80g)
- mixed veg (fresh/frozen) (100g)
- 1 orange (170g)
- 2 tomatoes (160g)
- 12 grapes (60g)
- 8 strawberries (140g)
- ½ tin of tomatoes (200g)
- 1 slice of mango / pineapple (80g)
- ½ tin of soup (200ml)
- 1 small glass of fruit juice (150 ml)
- ½ tin of canned fruit (140g)
- 1 small slice of avocado (30g)
- 2 medium beetroot, cooked (120g)
- 2 slices of butternut squash, boiled/baked (140g)
- 1tbs of raisins / sultanas / dried cranberries (15g)

Unlimited: lettuce, onions, spring onions, cucumber, cabbage, fresh spinach, peppers

Did you know?

Choosing these foods from a variety of different colours will help you get the wide range of nutrients that your body needs for good health!

It is currently recommended to include **at least** 5 portions of fruit and vegetables each day as part of a healthy diet. This is a minimum number and you may have more than 5 portions as part of this plan.

Food Group 2 - Starches

These portions may seem very small, but remember that you can have more than one portion with each meal.

(about 100 calories each portion)

- 3 dss breakfast cereal (30g)
- 3 dss uncooked oats (30g)
- 1 wheat biscuit (20g)
- 3 dss cooked rice (60g)
- 3 dss cooked pasta (60g)
- 8 large oven chips (60g)
- 2 cassava chips baked (40g)
- 3 new potatoes (120g)
- 3 dss mashed potatoes (130g)
- 1 small baked potato (110g)
- 1 small sweet potato (100g)
- 1 medium slice of bread (45g)
- 1 small chapati, without fat (40g)
- 1 medium bread roll (45g)
- 3 dss cooked polenta (150g)
- 3 dss cooked quinoa (80g)
- 1 medium slice of yam (boiled) (75g)
- 2 dss of gary (cooked) (70g)
- ½ plantain (boiled) (90g)

Did you know?

Choosing, high fibre / whole grain varieties of some of these foods can help you feel full for longer!

- Avoid sweetened breakfast cereals and sugar coated cereals; instead go for high fibre, versions such as Weetabix, Porridge, Shredded Wheat and multigrain cereals.
- If you add fat, spreads, sauces or sugar to these foods, remember to count them as part of your fats and sugar allowances (see food group 5 and extras)

Food Group 3 - Dairy

Includes milk, cheese, yoghurt and dairy alternatives. These foods are good sources of vitamins and calcium, which helps keep our bones strong. Choose low-fat or fat-free varieties whenever possible.

(about 90 calories each portion)

- 1/3 pint of soya / rice / oats milk (200ml)
- 1/3 pint of semi-skimmed milk (200ml)
- 2/3 pint of skimmed milk (265ml)
- The size of small box of matches of hard cheese (30g)
- 2 triangles of low fat cheese (90g)
- 1 dss full fat cream cheese (33g)
- 2 dss low fat cream cheese (60g)
- 1 small pot of yoghurt (175g)
- 4 dss low fat cottage cheese (90g)

Did You Know?

Choosing low-fat or fat-free varieties of these foods should not affect your calcium intake.

Food Group 4 – Protein

These foods are an excellent source of protein, vitamins and minerals needed for good health. Choose lean meats whenever possible and remove skin and all visible fat before cooking.

(about 140 calories each portion)

- 3 oz of cooked lean meat such as beef, chicken, turkey (100g)
- 5oz of cooked fish (150g)
- 1 small tin of baked beans (same amounts for lentils and other pulses) (200g)
- ½ fillet of smoked mackerel (40g)
- 1 small salmon steak, grilled (70g)
- 25 king prawns, boiled (140g)
- 1 whole plaice, grilled (145g)
- small slice of turkey / chicken, roasted (100g)
- 1 chicken drumstick, roasted (75g)
- 1 small lamb steak, grilled (60g)
- 2 large slices of ham (130g)
- 2 slices of grilled bacon (45g)
- 1 small pork chop, grilled (60g)
- 1 sausage (60g)
- 2 chicken eggs
- 1 small tin of fish (tuna / sardines / salmon) (100g-140g)
- 10 dss Quorn / soya products (150g)

Did You Know?

For good health, it is recommended to have at least 2 portions of fish a week, including one portion of oily fish.

Pulses such as beans, peas and lentils are good alternatives to meat because they are rich in protein, vitamins and minerals. They are also a good source of fibre and help you feel full for longer!

- Good examples of oily fish include mackerel, sardines, pilchards, fresh and tinned salmon, trout and herring
- Choose tinned fish in tomato sauce, brine or water instead of oil
- If you make dishes which require oil for cooking, for example curries or stir fry, remember to use the fat from your fat allowance

Food Group 5 - High Fat (Spreads, Creams etc.)



To lose weight you need to limit all the foods from this group. Some fats are healthier than others. However, they are all equally high in calories.

(about 50 calories each portion)

- 1 pat of butter (8g)
- 2 tso low fat spread (15g)
- 1 dss French dressing, full fat (10g)
- 3 dss French dressing, low fat (30g)
- 1 dss cooking oil (6g)
- 1 tsp peanut butter (8g)
- 1 tsp mayonnaise, full fat (5g)
- 2 tsps mayonnaise, low fat (10g)

Did you know?

If you choose full-fat items such as butter in sandwiches or jacket potatoes, you could be eating all your daily fat allowance in just one meal!

- Avoid making gravy with juices from the meat, this will add to the fat content of the meal and it is difficult to know how much fat you are adding.

No-Nutri Calories (junk, basically!)

No-Nutri Foods are those high in fat and sugar. This category includes alcoholic drinks

For foods and drinks that are high in fat and/or sugar and for alcoholic drinks there are no clear guidance for portion sizes. For this reason, we recommend that you measure them in terms of their calorie content. Your dietitian will help you set a calorie limit for the day for these foods and drinks as your “no-nutri calories”.

Examples of high fat / high sugar foods and alcoholic drinks are included here with an estimated value of calorie content. However, always read the food labels. Ask your dietitian if you need help understanding food labelling.

You can spread your no-nutri calories out evenly or save them to have on 2 or 3 days per week. It is not recommended to carry extras over from one week to the next as this may make it difficult for you to lose weight.

Examples of high fat / high sugar foods

50 Calorie Foods

- 1 pub measure of spirits with diet mixer
- coffee, white, made with 1 sugar, vending machine
- 1 square of chocolate (10g)
- 3 pretzels (13g)
- 1 level tablespoon of sugar (15g)

100 Calorie Foods

- 2 plain biscuits
- 2 Finger kit kat
- 1 small glass of wine (4fl.oz/125ml) or ½ pint of standard lager or beer

150 Calorie Foods

- 5 figs (70g)
- 1 small bakewell tart (32g)
- 1 handful of oven chips (95g)

200 Calorie Foods

- small handful of nuts (30g)
- coffee, coffee latte, whole milk, tall (354ml)
- 1 pint of standard strength lager / beer / cider (568ml)

300 Calorie Foods

- 1 fresh cream doughnut (85g)
- 1 medium sausage roll (80g)
- 1 medium chocolate bar (50g)

400 Calorie Foods

- 1 pork pie (110g)
- 1 chocolate muffin (100g)
- 2 small lamb samosas (26g each)

Did you know? Alcohol is an appetite stimulant, and it can make you overeat.

Example Meal Plan Day 1	Portion guide for the food groups					
	Fruits & Veg	Starches	Protein	Dairy	Fats	No-Nutri Calories
Breakfast						
6 tablespoons of porridge oats		2				
200ml or 1/3 pint semi skimmed milk				1		
tea or coffee without sugar						
1 small glass of fruit Juice	1					
Mid Morning						
1 medium apple	1					
2 chocolate biscuits						160
Lunch						
2 medium slices of granary bread (100g)		2				
side salad						
2 thin slices of cold ham			1			
2 teaspoons of mayonnaise					2	
1 matchbox size piece of cheese				1		
Mid Afternoon						
1 small packet of crisps						80
tea or coffee without sugar						40
Evening Meal						
1 small piece of baked salmon			1			
4 egg sized boiled potatoes		2				
3 tablespoons of peas	1					
3 tablespoons of carrots	1					
Pudding						

small tin of pineapple slices in juice	1					
1 medium pot of low fat yoghurt				1		
Supper						
1 low calorie hot chocolate drink						40
1 small slice of toast		1				
1 portion of spread					1	
Totals	5	7	2	3	3	300

Tips for healthier cooking

- Use healthy cooking methods such as grilling, baking and roasting
- If frying, use small amounts of olive or vegetable oils. Avoid using large amounts of butter, lard and ghee
- When marinating meats, use water to mix the spices rather than oil
- Avoid deep frying foods, brush with a little oil and grill instead
- Using a non-stick frying pan will reduce the amount of oil needed for cooking
- Avoid adding too much butter or margarine for flavouring potatoes and vegetables
- When cooking meats, choose lean cuts, trim visible fat from meat and drain excess fat from the pan
- Make chapatis without adding ghee or oil and serve dry with your meals
- Choose fresh fruit, tinned fruit in natural juice, sugar free jelly and low fat yoghurts for puddings or low calorie snacks
- Try using artificial sweeteners as an alternative to sugar when sweetening desserts. Note that some sweeteners cannot be used for cooking, always read the label. You can add sweeteners straight after cooking, e.g. adding to custard after cooking.

Tips for making healthier curries

Make healthier dishes without affecting the taste. Remember, how you prepare your meals is just as important as the ingredients you put into them.

- First of all, you may need to invest in a good quality non-stick frying pan. You will need this pan to start off your curry dishes.
- If you are marinating meats, use water to mix the spices rather than oil
- Measure the oil with a tablespoon (1 tablespoon of oil should be enough for a curry for 4 people).
- Over a low heat, fry the onions. Try doubling the amount of onions and cook them a bit longer before adding the rest of the spices. The onions will form a sauce that will provide moisture for the dish. Add some tinned or fresh tomatoes to add more moisture.
- Once you have cooked the spices, you can change to an ordinary pan, and add the rest of the ingredients.
- If it is still dry, try adding some natural, low fat yoghurt just before serving.

Extra garlic, onions, ginger and other spices can be added to your own taste. These will not add to the calorie content of the dish and are fine to have in any amount.

Food Labels

The following information will help you choose healthy foods when shopping and planning your meals. These figures show what is high, medium or low per 100g of foods.

	Sugar	Fat	Saturated
Low	5g or less	3g or less	1.5g or less
Medium	5.1g to 22.5g	3.1g to 17.5g	1.6g to 5g
High	more than 22.5g	more than 17.5g	more than 5g

Does green always mean healthy?

Not necessarily. For example, some sugar-free drinks will have all greens on the label but will not provide any nutrition.

Does red always mean stop?

Generally, yes. But there are exceptions. For example, cheese is a good source of calcium and protein, but will be very high in fat. You don't need to ban foods that have lots of red, but watch how much you are having and how often.

Looking at fibre content per 100g of foods:

Low: less than 3g

Medium: 3g – 6g

High: more than 6g

High fibre foods can help us stay full for longer. Choose breads, cereals and other flour products that have high fibre content unless contraindicated by your doctor or your dietitian.

Tips

- If you buy a ready meal, try and choose one with less than 10g of fat and less than 500 calories per serving
- Avoid choosing breads made with fat such as peshawari, paratha, puris or garlic breads
- When you are comparing similar products, use the values per 100g/ml, not the 'per portion' ones.
- For 'added sugars' check the ingredients list. The ingredients are always listed in order of weight. The first ingredient on the list is

present in the greatest amount. If sugar is listed at the top, the product may be high in added sugars

- Be aware of nutritional claims such as 'reduced' or 'lower', since these may still be high in calories
- Watch out for food claims. A meal that states it is '80% fat free' still means it has 20g of fat per 100g

Eating Out & Takeaways

Eating out or having a takeaway can be tricky when you are watching your weight, as you don't know what is in the meals. Foods served in restaurants, cafes and takeaways are likely to be high in fat; sugar and salt, since the combination of these nutrients in high amounts enhance the flavour of foods.

Remember, the amount of food you eat, as well as the type of food is important!

At the cafe

If soups are homemade, choose a vegetable based soup such as carrot and coriander or minestrone. Avoid creamy soups such as cream of mushrooms or cream of chicken.

Choose baked potato without butter and have it with baked beans, vegetable chilli, cottage cheese or tuna without mayo. Watch out for side salad with lots of coleslaw or salad creams.

Enjoy a scone or currant bun, replacing butter with thin spread jam. Avoid large servings of rich pastry, fresh cream cake or chocolate cakes.

Fish & Chip Shops

Fish in a bread bun or fish and mushy peas without the chips will save you lots of calories! If you really enjoy fish with chips, try sharing with a partner or friend to reduce the portion size.

At the burger bar

Grilled chicken or fish are generally better than a hamburger, but you can cut down on the amount of fat by ordering a single hamburger without the cheese.

If you have fries, choose a small portion or share with a friend. Instead of a milkshake, have a fruit juice or a diet drink.

Chinese Meals & Takeaways

For a healthier starter choose either wonton or hot and sour soups rather than deep-fried dishes such as spring rolls, seaweed and prawn toast.

For main meals choose steamed or stir-fried rather than deep-fried dishes. Avoid deep fried sweet and sour dishes such as lemon chicken or crispy-fried beef or duck. Prawn crackers are also high in fat.

Satay and chow mein dishes tend to have a medium fat content. Plain rice and noodles are always a better choice than fried rice dishes.

Chinese takeaway portions are usually large; sharing a meal may help you to reduce the portion size.

Indian Meals & Takeaways

Indian meals are often high in fat when ordered in restaurants or takeaway. Curries are often cooked using large amounts of oil, also starters and accompaniments are often fried. Making small changes can help to reduce the portion size and fat content.

Choose lower fat starters such as grilled chicken, chicken tikka, masala fish and poppadoms. Avoid fried starters like pakoras, bhajis, samosas and kebabs.

Go for chapatis and boiled rice instead of higher fat options like naan breads, parathas, pilau rice and fried rice. If you must go for naan bread or pilau rice then sharing with a friend will reduce the portion size.

It can be difficult to choose healthier curries when eating out due to the variety of choices on the menu. At the restaurant, the waiter may be able to advise you on which dishes contain less oil. If you are ordering from a takeaway, you can ask for less oil to be used in the dish. As takeaway portions are generally large, sharing a portion will reduce the calories.

Dishes cooked with ghee or coconut oil can be very high in saturated fats. Choosing olive, vegetable or sunflower oils reduces the amount of saturated fat in meals. However these oils are still high in calories and need to be used sparingly.

Italian Meals & Takeaways

For a healthier starter choose mixed salads or tomato salads with only a very small amount of dressing.

When choosing pizzas, vegetable toppings, ham, chicken and tuna are best choices. Avoid high-fat toppings such as salami, four-cheese or pepperoni.

When choosing pastas, best choices are tomato-based sauces such as arrabbiata. Avoid creamy or cheese sauces and pesto.

Traditional Italian dishes such as lasagna and spaghetti Bolognese can be very high in saturated fats. Cannelloni or seafood pasta dishes are often a better choice due to the lower fat content.

Breadsticks or plain crusty bread are better choices than garlic bread.

Mexican Meals & Takeaways

Chicken or vegetable fajitas or Cajun chicken are the best choices.
Avoid high-fat enchiladas.

Tomato-based sauces, salsas and dips are better choices than high-fat sour cream.

Changing Behaviour

Research shows that losing weight and keeping it off requires much more than diet and exercise. The key for long-term success is to make permanent eating and lifestyle 'behaviour changes'.

The list below have some simple tips that people have found helpful when changing eating behaviour:

- Do nothing else while you eat
- Eat slowly, pause while you eat, tasting and enjoying the food
- Have a regular eating pattern for every day of the week
- Eat sitting down
- Aim to be the last to finish a meal
- Shop on a full stomach
- Keep healthy snacks in the house
- Plan meals ahead
- Wait at least 5 minutes after your meal before deciding whether to have second helpings
- Keep a food and mood diary for a few days if you feel like losing control with your eating
- Check your weight regularly, at least once per week