

Using the diet plate and the cereal bowl, you will have the means to control your portions at every meal without fuss but still with accuracy.

WEIGHT MANAGEMENT SYSTEM PLAN

Breakfast:

One or two fresh fruits – no bigger than two tennis balls.

Cereal with milk or yoghurt

Using the DIET PLATE[®] cereal bowl, measure the amount of cereal or porridge up to the correct colour band. Add 125ml (1/2 cup) low fat milk or yoghurt.

OR

One or two fresh fruits – no bigger than two tennis balls

1 slice slow release (low GI) toast

1 boiled or poached egg

Lunch:

One fresh fruit – no bigger than a tennis ball

Your own preference of protein, starch and a salad served on the DIET PLATE Ò

Water, tea or coffee.

One diet fizzy drink per day.

OR

One fresh fruit – no bigger than a tennis ball

A bowl of soup served in the cereal bowl up to the green or light blue band, depending on the type of soup.

Water, tea or coffee.

One diet fizzy drink per day.

Supper:

Your meal can be made up of your own choice of meat, fish or chicken, with a starch and lots of cooked vegetables or salad, all served on the DIET PLATE.

Daily intakes to be included:

Aim to drink 8 glasses of water every day.

Eat at least 5 portions of vegetables and fruit per day – if you have your two fruits at breakfast, fill your plate with vegetables and salad at both lunch and supper, you will easily get to 5 vegetables and fruit per day

Include 400ml low fat or skimmed milk in your daily intake. This includes the milk for your cereal and tea and coffee.

Keep your bread intake to a maximum of two slices per day

Exercise every day – dance, walk, jog, swim, cycle, join a gym, ride a horse, hike, etc.

It does not matter what you do, as long as you do some exercise.

It is better to do 10 minutes every day than 2 hours once a week.

Half an hour exercise for 6 days a week is best.

Some suggested tummy fillers for those hungry moments

- Vegetable soup made with lots of vegetables – see the recipe section and the low GI, low fat recipe books “Eating for Sustained Energy 1, 2,3 and 4”.
- Fresh vegetable salad with low fat dressing – see recipe section and the low GI, low fat recipe books “Eating for Sustained Energy 1, 2,3 and 4”.
- A fresh fruit such as an apple with a tablespoon of peanut butter
- A side plate of chilled roast leftover vegetables

Puddings, desserts, cakes, biscuits, sweets, sugary foods and snacks are not included in this plan. If you need to indulge in any of these, be certain to eat at least half the serving you would normally have chosen, and if at all possible have less than that. A piece of cake or pudding for example, should ideally be no bigger than two fingers.