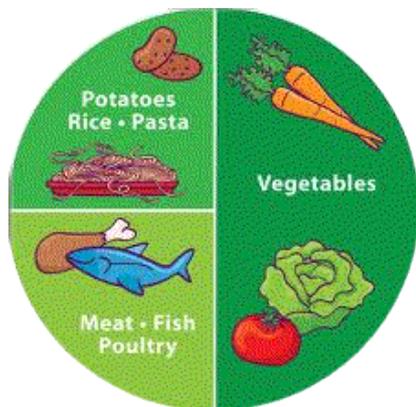


A SIMPLE GUIDE TO A HEALTHY DIET

If your aiming to lose weight, this leaflet can help. It explains how to enjoy a healthy but filling main meal by following the simple guidelines shown on the plate below.

For most people, making the main meals means having MORE foods like pasta, rice, potato, fruit and vegetables, and having LESS meat. It is also important to make the meat you do eat as lean and healthy as possible.



FOLLOW THE PLATE GUIDE

When you are serving your main meal, imagine that your plate is divided into three sections, just like the one showed here.

- Use the smallest section about $\frac{1}{3}$ for the meat or fish.
- Divide the rest of the plate into two equal parts.
- Use one part for your vegetables, salad or fruit.
- Use the other part for your pasta, rice or potato.

Try to make sure that the food in each section does not cross any of the lines

Here is an example of a healthy meal using the plate guide above.



DO'S AND DON'T'S FOR A HEALTHY MAIN MEAL

Here is a simple guide to making your main meal as healthy as possible.

DO'S

- Use tomato based sauces on meat and pasta as they are often far Lower in fat than cream based sauces
- Try to eat more slowly, you will enjoy your food and it may help you to feel less satisfied with less food
- Leave gravy to stand for a minute or 2 and then use a spoon to scoop away the fat the rises to the top
- Try wholemeal pasta and rice as they are healthier than the plain varieties
- Choose baked or boiled potatoes, they are lower in fat than roast potatoes
- Take a break of 20 minutes before you have a second helping. This gives you time to feel full and you may find you have eaten enough
- Put plenty of vegetables, rice, pasta or your plate first, leaving only a small place for your meat
- Buy lean mean whenever possible, cut away the visible fat on the meat and the reduce the fat in chicken and turkey by removing the skin

DON'T'S

- Don't Pile food onto your plate, you maybe surprised how satisfied you can feel with smaller portions
- Don't regularly have chips as part of your main mean, if you must have chips, use lower fat oven chips
- Don't fry food, instead try to microwave, boil, poach or grill where possible
- Don't prepare vegetables in oil or butter as it will greatly increase their fat content
- Don't add butter or margarine to masked or baked potato, if you must add butter, use as little as possible
- Don't use full salad cream or mayonnaise to dress your salad
- Use low fat with as little as possible, if you must, add butter, use lemon juice or vinegar
- Don't use high fat meat products such as sausages or burgers. There are lower alternatives available
- Don't choose meat pies, sausage rolls or pasties. The pasty contains a lot of fat and the meat in the products is very lean
- Don't be afraid to have a side salad with our meal as it is a healthy way to make your meal more filling
- Don't rush into having your dessert, taking a few minutes break can give you time to feel full, leaving less room for a high fat dessert