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SENSIBLE SLIMMING

Welcome to the group! We hope to support each other in the Battle of the Bulk!

Here are some general tips to get you started:-

1. Eat regularly - 3 meals a day.
2. Take regular exercise - as you are able to do.
3. Do not weigh yourself more than once a week.
4. Initial weight loss may be rapid - this is usually loss of water from the body. Once you are established on the diet, weight loss will generally be 1-2lbs (1kg) per week.
5. Use a note book to record your weight loss, any slimming tips from fellow sufferers and your daily diary of everything you eat and drink through the week.
6. Do not eat between meals - if you must nibble try carrots, celery, peppers etc only.
7. Be a detective at the supermarket - READ THE LABELS!
8. Generally increase fibre intake and lower fat and sugar intake.

Suggested Meal Plan

Allowances

Half to 1 pint skimmed/semi-skimmed milk daily
4oz low fat spread weekly - i.e. half oz per day

DO NOT ADD SALT OR SUGAR TO YOUR FOOD

Breakfast

Unsweetened fruit juice

Wholegrain breakfast cereal e.g. Weetabix, Bran Flakes, All Bran, Porridge, Cornflakes

or

2 slices wholemeal bread/toast plus low fat spread

Tea or coffee

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Mid Morning

Tea or coffee

Main Meal

Small serving lean meat, poultry or steamed/grilled fish

Large serving vegetables and/or salad

2 medium boiled/jacket potatoes

Fruit or diet yoghurt

Mid afternoon

Tea or coffee

Light Meal

Small serving meat, poultry, fish, cheese (preferably low fat) or egg

Large serving salad and/or vegetables

2 Slices wholemeal bread plus low fat spread

Fruit or diet yoghurt

Supper

Tea or coffee

One of the following may be taken as an alternative to 1 slice of bread or 1 potato:-

3 crispbreads, 3 tablespoons boiled rice (preferably brown) or 3 tablespoons whole-wheat pasta

The following foods are low in calories and may be taken freely:-**Vegetables**

All types fresh and frozen - NOT fried.

Artichokes, asparagus, aubergines, baked beans, broad beans, french runner beans, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chicory, cress, courgettes, cucumber, endives, fennel, kale, leeks, lettuce, marrow, mushrooms, onions, peppers, radishes, spinach, swede, sweet corn, tomatoes, turnip

Fruit

All types fresh and frozen, tinned in natural juice, stewed without sugar, sweetened with permitted sweetener.

These are particularly low in calories:-

Blackberries, blackcurrants, gooseberries, grapefruit, lemons, loganberries, melon, raspberries, rhubarb, strawberries

Note

Dried fruit should not be eaten in excess.

Seasonings

Herbs, mustard, pepper, pickles, spices, stock cubes, vinegar, Worcester sauce, lemon juice

Drinks

Clear soup, tea, coffee (not bottled), soda water, sugar free squashes, minerals, tomato juice, water

Sweeteners

Tablets or liquid provided they are sugar and calorie free.

The following foods should be avoided:-**Fried and fatty foods**

Cooking oil, lard, dripping, suet, chips, crisps, roast potatoes, fatty meat, pate, peanut butter, evaporated and condensed milk, cream substitutes, Yorkshire puddings, dumplings

Sugary foods

All sugar, glucose, sucron, fructose, honey, syrup, jam, marmalade, fruit and flavoured yoghurts, tinned fruit, sweetened breakfast cereals, muesli

Drinks

Bottled coffee, malted and chocolate drinks, fruit squash, minerals, alcohol, beer, cider, spirits, sweet wines, milk shakes

Diabetic and Slimming Products

Slimmer's chocolate and biscuits, Sorbitol, jam, marmalade, lemon curd, chocolate biscuits, packet desserts, beer, lager