

The Right Weight Fibre Diet

The Right Weight Fibre Diet is based on latest health guidelines and recommendations. It is suitable for the majority of people who want and need to lose weight safely and healthily.

The diet provides an average daily energy intake of 1200kcal (4.95MJ) which, together with some regular exercise, is considered by most health professionals to be the healthiest and safest way to lose weight. Diets below 1000kcal per day can be associated with loss of muscle tissue as well as fat and are not recommended.

The diet fits many lifestyles through its flexible "mix and match" approach and offers a selection of light and main meals, with many of the light meals suitable for packed meals.

N.B.

This diet is suitable for overweight diabetics, who do not require insulin or blood sugar lowering tablets, under medical supervision.

THE ROLE OF EXERCISE

Just between three and five sessions a week, each lasting 20 to 30 minutes, is sufficient to help you lose weight and tone up the muscles to give you a trimmer figure. It will also help to reduce stress and tiredness, improve your flexibility and help reduce the risk of developing certain diseases, e.g. bone disease. Talk to your doctor or practice nurse about what type of exercise would be most suitable for you.

DIET GUIDELINES

Each meal is based on servings for one person. However, there is no need to cook special meals as this diet is good for all the family too.

Choose one breakfast, light meal and main meal each day. To make sure you get all the essential nutrients you need, it is important to select as wide a variety of meals as possible rather than keeping to just a few favourites.

You can eat your light meal at midday, or in the evening, whichever suits you best.

You can save fruit or yoghurt from a meal to have as a snack during the day.

It is important to weigh your food. Quite often a gain in weight is just due to eating too much, rather than eating the wrong foods. If you need to stay on the diet for several weeks, you can relax the weighing after a while but still keep a check, now and again, to stop the portion sizes creeping up.

You will need to keep up your fluid intake because of the increased dietary fibre intake. Drink a variety of fluids - tea, coffee, herbal tea, low calorie soft drinks and, of course, water (mineral or tap).

Milk added to tea or coffee must come from the daily allowance.

Make as wide a selection of vegetables as possible from the free list.

Cook vegetables for the minimum of time in boiling unsalted water or steam/microwave them.

Do not add any fat to them, for added flavour sprinkle them with herbs of your choice before serving.

Keep oil to an absolute minimum - always measure out, never just pour from the bottle. Use oil high in polyunsaturated fatty acids such as sunflower oil. You can cut the use of oil right down by using non-stick pans (or woks) or a spray.

Do not add salt in cooking or at the table.

Do not add sugar to drinks or food. A low calorie sweetener (saccharin, aspartame or acesulfame K) may be used instead. Always sweeten cooked foods (e.g. stewed or baked fruit) after cooking. Do not use sorbitol, fructose or any product containing them (these sweeteners do contain calories).

Low calorie dressing may be used on salads.

Bread and rolls should be wholemeal, and pasta and rice should be brown if possible, to help keep up the fibre intake.

N.B.

25g uncooked rice or pasta is equivalent to 75g cooked rice or pasta (1oz uncooked is equivalent to 3oz cooked).

FRUIT PORTIONS

These may be fresh, frozen, canned in natural juice or stewed/baked without sugar.

- apple - medium
- 5 apricots – fresh/ dried
- banana - small
- 100g (4oz) cherries
- 75g (3oz) grapes
- grapefruit
- 1 kiwi fruit
- 5 plums
- 1 nectarine
- orange - medium
- 8 passion fruit
- 1 peach
- 1 pear - medium
- 1 satsuma, tangerine or clementine
- melon - large slice, any variety
- 100g (4oz) raspberries, blackberries, blackcurrants, strawberries, gooseberries
- pineapple - 2 slices, fresh or 3 slices canned in natural juice

FREE LIST OF VEGETABLES

Eat as much as you like of the following but do not add fat e.g. roasting. Fresh or frozen may be used.

- artichoke
- asparagus
- aubergine
- bean sprouts
- beetroot
- broccoli
- brussels sprouts
- cabbage
- calabrese
- carrots
- cauliflower
- celery
- Chinese leaves
- courgettes
- cucumber
- endive
- garlic
- leeks
- lettuce
- marrow
- mushrooms
- mustard & cress
- okra
- onion
- pepper
- pumpkin
- radish
- runnerbean
- spinach
- spring onions
- swede/turnip
- tomatoes
- watercress

DAILY MILK/SPREAD ALLOWANCE

Total calories = 185kcal (774kJ)

300ml (½ pint) semi-skimmed milk for drinks, cereal and cooking.
15g (½oz) low fat spread.

BREAKFAST

Either 2 Weetabix or Weetabix Organic
Or 1½ Oatibix biscuits
Or 40g Weetabix Minis Fruit & Nut
Or 40g Alpen No Added Sugar
Or 40g Weetabix Crunchy Bran
Or 40g Ready brek Original

+ Milk from allowance

120ml (4fl oz) unsweetened fruit juice
And 1 slice wholemeal toast
Low fat spread from allowance
Or 1 medium banana
And Tea or coffee

ALTERNATIVE BREAKFAST

120ml (4fl oz) unsweetened fruit juice
2 slices wholemeal toast
Low fat spread from allowance
2 tsp. jam or marmalade
1 diet fruit yogurt
Tea or coffee

Total calories for either breakfast approx. 250kcal (1046kJ)

MEAL PLAN

Choose one breakfast, one light meal and main meal from the list every day.

Breakfast

Choice from list.

Mid-morning

Tea, coffee, water, low-calorie/sugar-free soft drink, herbal tea (milk from daily allowance; no sugar).

Lunch

Light or main meal from list.

Mid-afternoon

Tea, coffee, water, low-calorie/sugar-free soft drink, herbal tea (milk from daily allowance; no added sugar).

Dinner

Light or main meal from list.

Bedtime

Tea, coffee, water, low-calorie/sugar-free soft drink, herbal tea (milk from daily allowance; no added sugar).



LIGHT MEALS – approx. 350kcal (1464kJ)

1 wholemeal pitta bread. Filling - 75g (3oz) canned, drained red kidney beans, 1 chopped spring onion and bean sprouts mixed with 3 level tbsp. 0% fat fromage frais or low fat natural yoghurt.
1 portion of fruit.

2 slices wholemeal bread. Spread with mild mustard (optional). Filling - 50g (2oz) very lean ham and lettuce. 1 portion of fruit and 1 diet fruit yoghurt.

2 slices wholemeal bread. Filling - small can tuna in brine, drained, chopped celery and 2 level tbsp. low fat natural yoghurt or 0% fat fromage frais. 1 cereal fruit bar (approx. 100kcal).

4 high fibre crisp breads. Serve with 50g (2oz) humous, 50g (2oz) tzatziki and strips of carrots, cucumber and celery. 1 portion of fruit.

Salad - 100g (4oz) cooked pasta, 50g (2oz) Edam cheese, cubed and assorted salad vegetables from free list. 1 portion fruit.

300g (11oz) can vegetable or Minestrone soup (bought or home made). 1 wholemeal bap or roll spread with 50g (2oz) of low fat cheese. 1 portion fruit.

3 sardines in tomato sauce on 2 slices wholemeal toast. 1 portion of fruit.

2 slices wholemeal toast. Served with 50g (2oz) low fat liver pâté and assorted salad vegetable from free list. 1 portion fruit.

2 slices wholemeal bread. Filling - 50g (2oz) smoked turkey breast and assorted salad vegetables from free list. 1 portion of fruit and 1 very low fat fruit fromage frais.

1 wholemeal pitta bread. Filling - small can tuna in brine, drained, 50g (2oz) canned, drained red kidney beans and assorted vegetables from free list.
1 portion of fruit.

Salad - 50g (2oz) cold roast chicken, no skin. 1 small chopped banana, 2 tbsp. canned sweetcorn and 1 tbsp. low fat natural yoghurt or 0% fat fromage frais. 1 wholemeal bap or roll.

1 wholemeal pitta bread. Spread with 25g (1oz) low fat soft cheese. Filling - small can tuna in brine, drained and assorted vegetables from free list. 1 portion of fruit.

225g (8oz) can baked beans in tomato sauce on 2 slices wholemeal toast. 1 portion of fruit.

1 medium jacket potato (approx. 200g (7oz)). Filling - 25g (1oz) low fat Cheddar type cheese and 2 tbsp. canned sweetcorn. Assorted salad or vegetables from free list. 1 portion of fruit.

1 piece French stick served with 50g (2oz) smoked mackerel and assorted salad vegetables from free list. 1 portion fruit.

2 slices wholemeal bread. Filling - 50g (2oz) lean roast beef. 1 tsp. horseradish sauce (optional) and assorted salad vegetables from free list. 1 portion of fruit.

Salad - 75g (3oz) cooked brown rice, 50g (2oz) cold roast chicken, diced, no skin. 1 pineapple ring, canned in natural juice, chopped, and assorted vegetables from free list. 2 high fibre crisp breads with 25g (1oz) low fat soft cheese. 1 portion of fruit.

MAIN MEALS – approx. 400kcal (1674kJ)

100g (4oz) thick cod fillet (cubed and grilled on skewers with onion, pepper and tomato). 100g (4oz) cooked brown rice. Canned or homemade ratatouille, or unlimited vegetables from free list. 1 portion of fruit with 3 tbsp. low fat natural yoghurt or 0% fat fromage frais.

100g (4oz) loin pork chop (boneless and extra trimmed), 150g (5oz) mashed or boiled potato, 50g (2oz) peas and 1 tbsp. canned sweetcorn. Unlimited vegetables from free list. 1 portion of fruit.

75g (3oz) lean roast beef. 1 medium jacket potato (approx. 200g (7oz) raw weight). Unlimited vegetables from free list. 1 portion of fruit and 2 tbsp. low fat natural yoghurt or 0% fat fromage frais.

Roast chicken joint (300g (10oz) raw weight), no skin. 150g (5oz) boiled potatoes. Unlimited vegetables from free list. 1 portion of fruit.

3 fish fingers, grilled. 150g (5oz) mashed or boiled potatoes and 50g (2oz) peas. Unlimited vegetables from free list. 1 portion of fruit with 25g (1oz) vanilla ice-cream.

Vegetable macaroni - 100g (4oz) cooked macaroni, 50g (2oz) cooked peas, assorted cooked vegetables. Melt 75g (3oz) low fat soft cheese, mix with macaroni and vegetables, top with 1 tbsp. fresh breadcrumbs and brown under the grill. 1 portion of fruit.

Cottage pie - 75g (3oz) extra lean mince, small onion, 150g (5oz) can baked beans in tomato sauce. Top with 150g (5oz) mashed potato. Brown under the grill. Unlimited vegetables from free list. 1 portion of fruit with 3 tbsp. low fat natural yoghurt or 0% fat fromage frais.

Chicken stir-fry - 75g (3oz) chicken breast, cut into strips, courgettes, bean sprouts, green pepper and 1 tbsp. soya sauce. 100g (4oz) boiled brown rice. 1 portion of fruit.

75g (3oz) lean roast lamb. 1 medium jacket potato (200g (7oz) raw weight). 1 tbsp. redcurrant or mint jelly. Unlimited vegetables from free list. 1 portion of fruit.

2 low fat thick pork sausages, grilled. 150g (5oz) mashed or boiled potatoes. 50g (2oz) peas. Unlimited vegetables from free list. 1 portion of fruit and a diet fruit yoghurt.

Liver casserole - 75g (3oz) liver, small onion, carrots, celery, canned tomatoes. 150g (5oz) boiled, jacket or mashed potato. 1 portion of fruit.

1 small herring (approx. 120g (4½oz) raw weight) coated with milk and oatmeal and grilled. Unlimited vegetables from free list. 150g (5oz) boiled or mashed potato. 1 portion of fruit.

100g (4oz) cooked wholemeal pasta. Cheese sauce - 100g (4oz) low fat soft cheese, melted with 50g (2oz) mushrooms and 4 chopped walnut halves, unlimited vegetables from free list. 1 portion of fruit.

Spaghetti Bolognese - 75g (3oz) extra lean mince, small onion, small can chopped tomatoes and 50g (2oz) canned, drained kidney beans.

100g (4oz) cooked spaghetti. Assorted salad vegetables from free list. 1 portion of fruit.

Chicken curry - small onion, celery, green pepper, 100g (4oz) chopped chicken, add curry powder to taste. Serve with 1 tbsp. low fat natural yoghurt. 100g (4oz) cooked brown rice. Assorted vegetables from free list. 1 portion of fruit.

1 lamb chop (approx. 100g (4oz) raw weight), extra trimmed grilled. 150g (5oz) boiled or mashed potatoes. Unlimited vegetables from free list. 1

medium baked apple filled with 1 tbsp. raisins. Serve with 1 tbsp. low fat natural yoghurt or 0% fat fromage frais.

100g (4oz) cooked pasta shapes. Sauce - small onion, garlic, pepper, small can chopped tomatoes, 50g (2oz) peas, 50g (2oz) canned sweetcorn and herbs. 1 portion of fruit.

Fish pie - small onion, small can chopped tomatoes, 150g (5oz) flaked, cooked cod fillet. Top with 150g (5oz) mashed potatoes. Unlimited vegetables from free list. 1 small banana, 2 tbsp. low fat natural yoghurt and 1 tbsp. crushed Advantage cereal.

100g (4oz) gammon steak grilled. 1 pineapple slice, canned in natural juice. 150g (5oz) boiled or mashed potatoes and 2 tbsp. canned sweetcorn. Unlimited vegetables from free list. 1 portion of fruit.

2 egg omelettes filled with 100g (4oz) cooked mixed vegetables (e.g. frozen). 2 slices wholemeal bread. 1 portion of fruit.

75g (3oz) chicken breast, no skin, baked in foil with spring onion, lemon juice and garlic. Sauce - 50g (2oz) low fat soft cheese melted with lemon juice. 100g (4oz) cooked pasta shapes. Unlimited vegetables from free list. 1 portion of fruit.

EXTRA CALORIE ALLOWANCE

For men and larger women, there is an option to increase daily energy intake to 1500kcal.

75g (3oz) cooked pasta	100kcal
1 slice wholemeal bread (medium slice, large loaf)	75kcal
75g (3oz) cooked rice	100kcal
150g (5oz) cooked potato	100kcal
1 Weetabix	64kcal
Wholemeal roll or bap	125kcal
30g (2oz) serving Weetabix Weetaflakes	109kcal
1 large wholemeal pitta bread	165kcal
1 fruit portion	50kcal
300ml (½ pint) semi-skimmed milk	130kcal

CUTTING BACK CALORIES

For those women and men who do not need to lose much weight, there is an option to decrease daily energy intake to 1000kcal (4.2MJ). Diets below 1000kcal can be associated with loss of muscle tissue as well as fat and are not recommended.

Changing from semi-skimmed to skimmed milk saves 35kcal per half pint. Changing from large to small wholemeal pitta saves 75kcal.

Omitting 1 portion of fruit saves 50kcal.

Omitting 1 diet fruit yoghurt saves 55kcal.

Omitting 1 slice wholemeal bread (medium slice, large loaf) saves 75kcal.

MAINTAINING WEIGHT

Once you have reached your target weight, you will want to maintain it. You can do this by continuing to eat the same foods but gradually being more flexible and increasing the amount of food you eat. It is important to continue to concentrate on the filling starchy carbohydrate and low fat foods, and continue with your exercise. This is your new way of eating which will help to keep you healthy and maintain your new weight. Use some of the suggestions in the Extra Calorie Allowance section for increasing intake to 1500kcal as a starting point.