

The Portion Plan



Energy balance

In general weight loss occurs when we take in less energy and increase the amount of activity we do. Therefore for successful weight loss, we need to eat less. To make it easier to reduce your energy intake it is best to work on the following areas:

- Having a healthy balanced diet every day
- Portion sizes and snacking
- Regular eating pattern

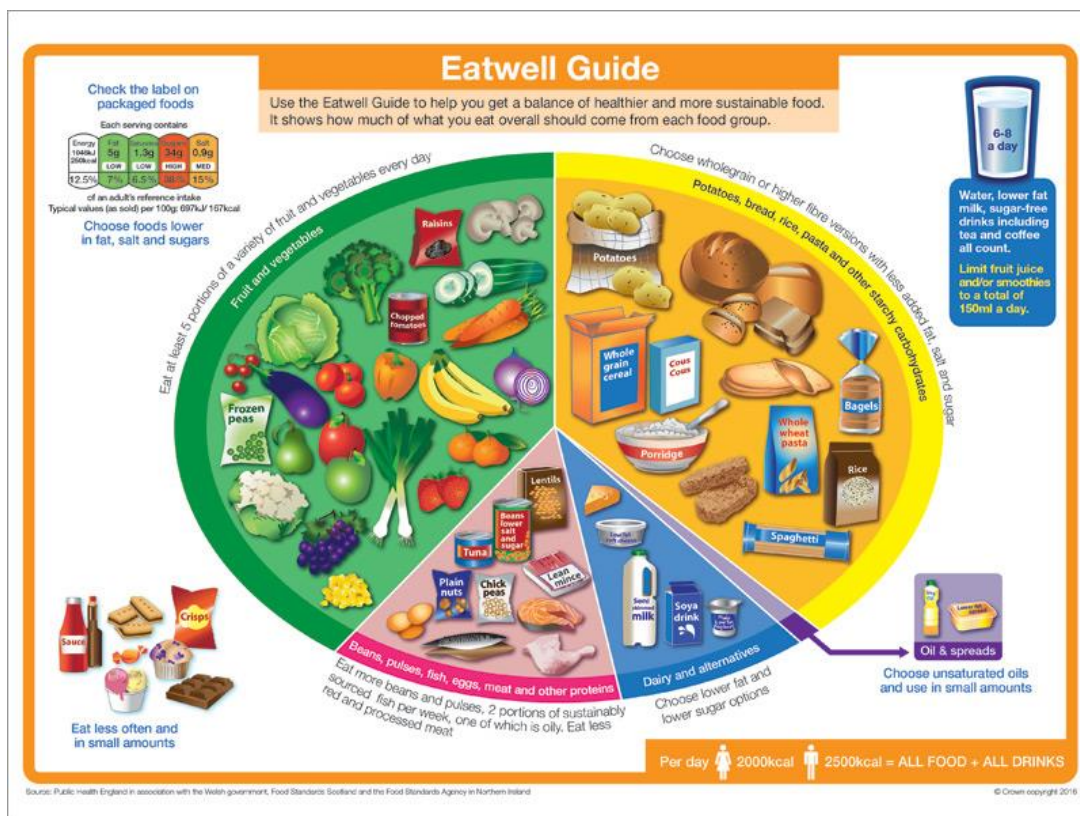
This portion plan will promote gradual weight loss over time.

A message on 'diets'

Unfortunately there is no magic 'diet' that will promise quick weight loss and weight loss maintenance; there aren't any foods or diets that will burn fat faster or detox your liver. Those people that embark on a quick fix solution will often put all of their lost weight and more so back on. Usually people get fed up within a few weeks and then go back to their old eating habits. This is called yo-yo dieting and if followed over a number of years can affect your physiology and metabolism.

The most successful way to lose weight is through making long term lifestyle changes that are sustainable.....for the rest of your life.

Getting a balanced diet



The Portion Plan

The following table shows you the portions of each food group that you should aim to have in one day. If you follow this plan it will provide you with the right balance of food, the right amount of food and the right calories (without even counting them!) to promote weight loss.

Food group	1,500 Kcal (women)	1,800 Kcal (men)
Fruits and vegetables	5 or more	5 or more
Bread, rice, potatoes and pasta	5	7
Meat, fish, eggs, beans and other sources of protein	2	3
Milk and dairy	3	3
Fats, oils, spreads and dressings	2	2
Food high in fat, sugar or alcohol	Up to 100Kcal	Up to 100Kcal

What is a portion?

Fruits and vegetables: Aim for at least 5 a day

One portion of fruits and vegetables is:

Fruit and vegetable	1 portion =
Root vegetables	80g or 3 heaped tablespoons
Corn on the cob	1
Salad	1 dessert bowl
Whole fruit (such as an apple or pear)	1 piece
Medium fruit (such as satsuma)	2 pieces
Small fruit (such as grapes)	1 handful
Fruit juice	150mls or a small glass
Dried fruit	30g or 1 tbsp

Bread, rice, pasta and potatoes: Aim for 5-7 portions per day (depending on your plan)

One portion of carbohydrate is:

1 thin slice of bread (37g)	3 tablespoons cereal (~20g)
½ bread roll or bagel (33g)	1 Weetabix biscuit
½ pitta bread or 1 mini pitta (33g)	20g (3 tablespoons) uncooked porridge oats
½ wrap (23g)	1 Shredded Wheat biscuit
1 small chapatti (24g)	100g (2 egg sized) potatoes
½ plain naan bread	21g (1 dspns) uncooked rice or 50g cooked rice (3 dspns)
½ English muffin	22g (2 tdspns) uncooked pasta or 50g cooked pasta (3 dspns)
1 crumpet/ scotch pancake	50g cooked noodles (or ½ noodle nest)
½ plain scone or fruit scone (22g)	40g (2 tablespoons) couscous
3 small crackers (19g)	2 small oatcakes

Meat, fish, eggs, beans and other sources of protein: Aim for 2-3 portions a day (depending on your plan)

One portion of meat, fish, eggs, beans and other sources is:

60-90g cooked lean meat (without skin and all visible fat removed)	1 medium white fish fillet (150g raw)
1 small tin (200g) baked beans in tomato sauce (low sugar and salt if possible)	1 medium oily fish fillet (140g raw)
4 dspns (140g) beans (red kidney beans, butter beans, chickpeas)	3 fish fingers
5 dspns cooked lentils (133g)	2 level tablespoons unsalted nuts
2 Quorn, tofu or soya sausages (120g)	2 eggs

Milk and dairy foods: Aim for 3 portions a day

One portion of milk and dairy food is:

200mls semi skimmed or skimmed milk
30g (small match box size) cheese; try to have lower fat varieties such as Brie, Camembert or Edam
125g Plain Natural Yogurt, or 125g low fat Greek yoghurt, or Low fat flavoured yoghurt individual pot (~100kcal)

Spreading fat, oils, dressings and sauces: Aim for 2 portions a day

One portion of fat, oils, dressings and sauces is:

2 teaspoons low fat spread	1 teaspoon oil (unsaturated oil eg; olive, rapeseed, sunflower)
1 teaspoon butter (or margarine or ghee)	1 teaspoon mayonnaise
1 teaspoon blue cheese dressing	1 tablespoon salad cream
2 tablespoons gravy or white sauce made with fat and flour base	4 tablespoons gravy or white sauce made with cornflour (no fat added)
2 tablespoons single cream	6 tablespoons low fat crème fraiche
2 tablespoons low calorie/low fat mayonnaise	2 tablespoons double cream/ full fat crème fraiche

Foods and drinks that are high in fat and sugar

You are allowed 100 calories a day from this group

This group includes foods such as cakes, sweets, biscuits, ice cream, chocolate, fizzy drinks and alcohol and usually the foods that we need to cut down on. You don't need to eliminate these from your diet but reducing the amount you have will help with your weight loss and your overall health.

If your favourite treat isn't listed here use the food labels to help you stick to your 100 calorie limit.

Treat Ideas for around 100kcal:

- Mini-milk ice cream lolly- Tesco rocket lolly
- Sugar free jelly
- Low calorie instant soup sachet
- Low calorie hot chocolate
- Extra light Horlicks or other light malted drink
- A banana (In summer freeze in the skin and eat as ice cream)
- Low fat mousse
- Small pot of light rice pudding (115g)
- Small scoop vanilla ice cream in a cornet
- Low calories cereal bar (20-25g)
- Packet of low fat or baked crisps
- Small bag salted or skinny sweet and salt popcorn (17-20g)
- 2 mint thins
- 1 large squares or 2 small squares of ideally dark chocolate – check label first
- Sachet powdered cappuccino
- Small skinny shop bought latte
- Chocolate banana slices (half frozen banana dipped in 2 teaspoon of melted chocolate chips)
- Chocolate covered strawberries (7 strawberries dipped into 1 tablespoon of melted dark chocolate)
- Tortilla chips with salsa (10 baked tortilla chip with 50 g of salsa)

Don't forget to count the calories in alcohol too:

- 1 pint Ale (4% ABV) = 170kcal
- 1 pint larger (4% ABV) = 208kcal
- 1 pint Cider (5% ABV) = 205kcal
- 125ml glass Red or Dry White wine = 95kcal
- 125ml glass Sweet White Wine = 118kcal
- 25mls Gin, Brandy, Rum, Vodka or Whisky = 56kcal

Nutrition and Dietetic Services

Tel: (01249) 456512 (Chippenham)

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If you would like this information in other languages and formats, please contact the Wiltshire Health and Care Patient Advice and Liaison Service (PALS) department on 0300 123 7797 or email PALS.wiltshirehealthandcare@nhs.net

Appendix 1: Example eating plan showing food and drink for both 1500 and 1800 Kcal plan.

Meals		Fruit and veg	Bread, rice, potato	Milk & dairy	Meat, fish, eggs	Spreading fats, oils & dressings	Foods & drinks high in fat and sugar
For 1500 Kcal	Number of portions	5+	5	3	2	2	100kcal
For 1800KCal	Number of portions	5+	7	3	3	2	100kcal
Breakfast							
Shredded wheat			2				
Semi skimmed milk	200mls			1			
Orange juice	150mls	1					
Tea, milk no sugar							
Mid-morning							
Tea, milk no sugar							
Apple		1					
Lunch							
Egg and tomato wrap							
Wrap	1		2				
Boiled egg	2				1		
Low fat cheese	2 tbsp			1			
Tomato	1	½					
Lettuce							
Side salad	1 bowl	1					
Malt loaf	1 slice (35g)		1				
Evening meal							
Spaghetti bolognaise							
Spaghetti	3/6 heaped spns		1 +1				
Meat sauce made with tinned tomatoes, onion, carrot, celery and mushrooms	1/6 or 1/3	1			1 +1		
Mixed green salad		1					
Fat free dressing	2 tbsp					1	
Yogurt	125g			1			
Glass of wine	125ml						100Kcal
Total	1500Kcal	5 ½	5	3	2	1	100Kcal
	1800Kcal	5 ½	7	3	3	1	100Kcal

