

# SLIMMING WORLD HEALTHY EXTRAS

Here is a list of the most popular Healthy Extra Allowances condensed for quick reference. Though please refer to your Slimming World book for the full list. These are the Slimming World Healthy Extra choices that we recommend that you have as part of a balanced diet. It is meant as an introduction and doesn't include processed foods. We have also left out the nuts and seeds allowances with so many of our readers (and ourselves) suffering from nut allergies.

## HEALTHY EXTRA A CHOICES

### MILK

- 350ml Skimmed Milk
- 300ml 1% Fat Milk
- 250ml Semi Skimmed Milk
- 175ml Whole Milk
- 400ml Skimmed Goats Milk
- 400ml Unsweetened Plain Soya Drink
- 300ml Sweetened Plain Soya Drink
- 300ml Semi Skimmed Lactose Free Dairy Drink
- 200ml Whole Lactose Free Dairy Drink
- 250ml Plain Rice Drink

### CHEESE

- 30g Cheddar Cheese
- 40g Reduced Fat Cheddar
- 35g Blue Cheese
- 35g Edam
- 45g Feta
- 65g Reduced Fat Feta
- 50g Mozzarella
- 70g Reduced Fat Mozzarella
- 30g Parmesan
- 75g Reduced Fat Light Soft Cheese
- 90g Ricotta
- 2 Dairylea Light Cheese Slices
- 3 Dairylea Original Triangles
- 2 Mini Babybel
- 2 Laughing Cow Original Triangles

## HEALTHY EXTRA B CHOICES

### CEREALS

- 40g High Fibre Cereal
- 35g Bran Flakes
- 35g Porridge Oats/Oat Bran
- 35g Raisin Wheats
- 35g Fruit & Fibre
- 30g All Bran
- 35g Sultana Bran
- 35g Muesli
- 35g Puffed Wheat
- 35g Shredded Wheat/Bibe Sized/Shreddies
- 35g Quaker Oats Cereal
- 1 Sachet Quaker Oat So Simple Multigrain
- 2 Weetabix
- 1 HiFi Bar

### BREAD

- 60g Wholemeal Bread
- 62g Wholemeal Roll
- 2 Medium Slices Wholemeal Bread
- 2 Medium Slices Gluten Free Wholemeal Bread
- 1 Large Slice Wholemeal Bread
- 1 Multigrain Wrap

### CRISPBREADS

- 6 Multigrain Thin Crisps
- 5 Scan Bran Crisp Bread
- 5 Corn Thins
- 2 Ryvita Dark Rye
- 30g Ryvita Mints

### DRIED FRUIT

- 50g Apple
- 60g Apricots
- 50g Figs
- 40g Goji Berries
- 50g Pears
- 65g Prunes

### CANNED FRUIT

- 300g Apple Slices
- 125g Breakfast Apricots
- 350g Pears
- 125g Prunes

### COOKED FRUITS

- 375g Apples
- 450g Fresh Apricots
- 300g Blackberries
- 250g Blackcurrants
- 350g Damsons
- 275g Fresh Figs
- 350g Gooseberries
- 300g Peaches
- 350g Pears
- 400g Plums
- 150g Prunes
- 250g Raspberries
- 350g Redcurrants
- 500g Rhubarb
- 275g Whitecurrants

# T Guide Slimming World

**Daniel F McAuley**



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