

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

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Arthur James Wells



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The 500 Eating Plan Robert Langford,2013-12-05 There are thousands of diet books published and yet the statistics tell us that we are all getting fatter The conclusion can only be that diets do not work or this would not be the case The 500 Eating Plan is not a diet but more a radical rethink that looks at weight management in the 21st century It accepts that we eat the foods we do through choice and so phony contrived diets that require us to eat differently are unsustainable as perversely we all return to our foods of choice even though they are the foods that made us overweight in the first place Just wanting to be slimmer is not enough You need a Plan not a diet A Plan that allows you to eat the foods you like and yet still lose weight Trials have proven that the 500 Eating Plan does just that This unique self help guide will enable you to understand the simple science of becoming overweight and also how to reverse it It will empower you to successfully take control of your weight once and for all Welcome to the 500 Eating Plan and to a slimmer healthier you **Slimming World**

Food Optimising Slimming World,2014-04-30 Having plenty to eat and no forbidden food is every slimmer s dream It sounds too good to be true but it s the approach that has enabled thousands of Slimming World members to reach their target weight the weight they have chosen to be No foods are banned at Slimming World There s no calorie counting and there are hundreds of Free Foods which can be eaten in unlimited amounts The Slimming World diet is designed to make weight loss easy and more enjoyable and this recipe book makes the healthy eating plan available to everyone Packed with nutritional advice lifestyle and diet information as well as over 150 wonderfully healthy recipes simply follow the eating plan and lose weight And by adopting and developing healthy eating habits for life the weight will be lost for good **The**

Harcombe Diet 3-Step Plan Zoë Harcombe,2013-05-09 A word of mouth bestseller The Harcombe Diet has already transformed the lives of thousands of people by helping them to lose weight permanently Now let it do the same for you New and easy to follow The Harcombe Diet 3 Step Plan takes you through the 3 stages of the unique Harcombe programme The first stage will help you lose up to 7lbs in 5 days and by completing all three stages you ll permanently change the way you eat In The Harcombe Diet 3 Step Plan Zo Harcombe explains how dieting makes us fatter and induces three common conditions which cause uncontrollable food cravings By following the 3 Step Plan you can overcome these conditions and lose weight not by counting calories or starving yourself but simply by eating real food You ll start this diet to lose weight You ll stay on it because you ll feel healthier than you can every remember and you ll lose weight *The Complete Mumsnet*

Guides Mumsnet,2011-06-06 The Complete Mumsnet Guides brings together the wisdom of Pregnancy The Mumsnet Guide Babies The Mumsnet Guide and Toddlers The Mumsnet Guide **Willing's Press Guide** ,2004 Coverage of publications

outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts **Willings Press Guide** Clare Redman,2007-12 This press guide aims to provide a comprehensive accurate and informative guide to the UK press both print and broadcast and to give details about the leading newspapers

and periodicals in the United Kingdom *Willings Press Guide 2006 V1 United Kingdom* Waymaker Publishing,2006-02 Now distributed by Thomson Gale the Willings Press Guide has been the world s leading international media directory for 125 years It provides extensive professionally researched coverage of the UK and international print media national and regional newspapers magazines periodicals and special interest titles Subject Guide to Books in Print ,1993 The World's Easiest Guide to Finances Larry Burkett,2001 Offers advice concerning debt reduction retirement investments insurance and how to create and live by a budget **The Knot's Complete Guide to Weddings in the Real World** Carley Roney,Knot (Firm),1998 Planning for the big day Here are the most up to date answers to all your questions in the first book from the editors of The Knot the largest online wedding resource Overwhelmed by the countless questions and details that planning your wedding entails Don t despair The Knot s Complete Guide to Weddings helps you make all the critical decisions and takes you step by step from your engagement to the big day from the reception to the honeymoon Inside you ll find checklists worksheets true tales insider advice and in depth sections on How to personalize your wedding Updated wedding etiquette Creating a realistic budget Choosing a great location Shopping for The Perfect Dress Tips for working with florists caterers officiants and others Sneaky cost trimming tricks Invitation wording Ethnic wedding customs Vows and ceremony details Plus Coping with stressful family situations dealing with interfaith issues and maintaining strength sanity and romance through it all **Reader's Guide to Periodical Literature Supplement** ,1930 Serials in the British Library ,1999 *Medical Conditions Affecting Pregnancy and Childbirth* Judy Bothamley,Maureen Boyle,2020-09-02 Midwives are encountering more and more women whose pregnancies are complicated by medical conditions including cardiac disease obesity and diabetes This new edition is completely up to date and offers highly practical solutions for everyday midwifery practice acknowledging the importance of promoting normality where possible This text includes physiology explanations of conditions and principles of care for preconception pregnancy labour birth and the postnatal period Each chapter brings together the basic knowledge of a condition and how it changes during pregnancy in an integrated and accessible way including a new chapter dedicated to obesity Explanations of laboratory tests diagnostic tests common drugs and illustrative colour pictures are included in relevant chapters *Medical Conditions Affecting Pregnancy and Childbirth* is a vital guide for student midwives as well as a useful reference for practising midwives *The British National Bibliography* Arthur James Wells,2009 *Jack La Lanne's Slim and Trim Diet and Exercise Guide* Jack La Lanne,1969 **The Publishers Weekly** ,1972 *The Book Buyer's Guide* ,1962 Readers' Guide to Periodical Literature Anna Lorraine Guthrie,Bertha Tannehill,Neltje Marie Tannehill Shimer,1988 An author subject index to selected general interest periodicals of reference value in libraries Health Education Index and Guide to Voluntary Social Welfare Organisations ,1974 The All New Free to Be Thin Neva Coyle,1994-10 The totally revised and updated successful weight management plan Million copy bestseller

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