

Drinks

Restrict:



Better Alternatives:



- Beer:



- Cola drinks, also diet ones



- Water, diet cordial:



- Black tea:



- Black coffee:



- Other diet soft drinks like diet lemonade:



Spreads

Restrict:



Better Alternatives:



- Peanut butter, Hazelnut spread



- Yeast spread



- Jam and Honey



- Marmalade



- Lemon Spread



Cereals and Grains

Restrict



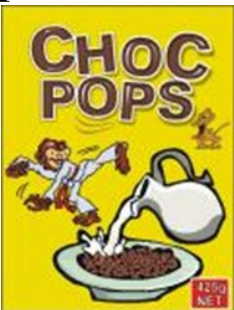
- Brown rice and wholemeal pasta



- Bran-based cereals e.g. Bran flakes with sultanas



- Cereal products containing chocolate or nuts e.g. cocoa puffs cereal, muesli



Better Alternatives:



- White Rice, white pasta



- Plain breakfast cereals e.g. Wheat biscuits, porridge



- Rice puffs and corn flakes



Breads

Restrict:



Better Alternatives:



- Wholemeal/brown, rye and multigrain bread



- Wholegrain crackers



- White bread, continental bread



- Unleavened breads e.g. mountain bread, tortilla



- Crumpets,



- White crackers biscuits



Meat, poultry and fish alternatives

Restrict:



Better Alternatives:



- Kidney, brains, triple and liver



- Sausages and other processed meats



- Meat pies, Sausage rolls



- Canned salmon and Sardines



- Fish paste & Corned beef



- Cheddar cheese, feta cheese and parmesan cheese



- Lean red meats, poultry and pork



- Eggs (3-4 a week)



- Fresh fish, canned tuna



- Tofu (bean curd)



- Lentils and baked beans



- Hamper

