

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 Wheatals
35g Fruit & Fibre
30g All Bran
35g Sultanina 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
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

Slimming World Branded Foods Guide

**Tenna Jensen, Caroline Nyvang, Peter
Scholliers, Peter Atkins**

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Health Education Index and Guide to Voluntary Social Welfare Organisations ,1980 **Vault Guide to the Top Consumer Products Employers** Tyya N. Turner,2005 This guide provides business profiles hiring and workplace culture information on more than 30 top employers including 3M Coca Cola Company Kraft and more **Fat Loss Habits** Ben Carpenter,2025-01-28 From the bestselling author of Everything Fat Loss Fat Loss Habits is a myth busting action focused guide that will transform your relationship with food for good Good habits are powerful Repeated actions bring about change one step at a time and help us ensure that these changes become part of our lives But when it comes to fat loss too often the focus is on bad habits We've all heard that snacking between meals stress eating and mid week takeaways won't help us lose weight but that doesn't make it easier to stop doing these things On top of this we're constantly bombarded with articles and videos telling us why certain foods are bad or toxic or poison This makes the search for basic nutrition advice almost impossible and it's not surprising that so many people feel confused about what to eat Ben Carpenter is a fitness coach research nerd and trusted source of no bullshit fat loss information who has spent his entire adult life working in the fitness industry researching the real science and studies behind fat loss and answering questions with simplified unbiased answers Ben's point is this The best weight loss diet doesn't exist From keto to intermittent fasting no diet is superior They all work in the short term but are rarely sustainable for the long term nor is it a good idea to be on a weight loss diet forever The better solution is to maintain stronger positive motivators that make us want to stay healthy the easiest way to do this is through simple effective habits To help readers achieve true health Ben offers a three step plan understanding the science unveiling the fat loss options available choosing what habits work for you Let's say goodbye to specific diet plans and products and hello to implementing sustainable fat loss habits based on our own personal preferences **The Bookseller** ,1981

Vault Guide to the Top Consumer Products Employers ,2006 *Genetically Modified Food* Andy Rees,2006-08-20 Written by a leading campaigner for GM Watch one of the world's leading lobbying groups this book reveals the huge issues that are at stake Genetically modified food has been headline news for years but it's difficult to know how far the genetic revolution has affected our lives Is the food on our shelves free of genetically engineered ingredients How much power do food corporations wield Andy Rees provides the answers He shows that while corporations that produce genetically modified food have met with resistance in Europe their hold on the US market is strong They're also expanding operations in less regulated countries in Africa Asia and the former Soviet bloc The US has launched a legal suit to attempt to force the European market open to genetically modified food What does the future hold This brilliantly readable book tells us all we need to know *Slimming Meals That Heal* Julie Daniluk, RHN,2014-05-01 With her debut bestselling health book and cookbook Meals That Heal Inflammation nutritionist Julie Daniluk created the definitive guide to understanding inflammation and its link to chronic disease With Slimming Meals That Heal Julie highlights the all important relationship between

inflammation allergies and weight gain and offers up over 120 new recipes All too often diets fail because they are a self imposed temporary food prison that people can't wait to escape Slimming Meals That Heal will shatter the need to count calories and will conquer cravings by offering the Live It a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight Julie's clients who have followed the SMTH anti inflammatory plan have lost 25 45 and even 100 pounds Slimming Meals That Heal deepens the reader's understanding of how food can hurt or heal The book includes information on cleansing the organs the specific power of superfoods and techniques that directly reduce cravings Julie has devised a 5 step plan on how to boost metabolism and balance hormones leading to holistic weight balance And just as with Julie's first book Slimming Meals That Heal is bursting with easy tasty phenomenally healthy slimming recipes for every meal of the day from Superfood Quinoa Porridge to Ginger Honey Salmon Soup and from World's Healthiest Gluten Free Lasagna to the Best No Bake Apple Crumble Ever Once you try the Live It you'll leave dieting behind forever as you embrace Julie's exuberant healthful approach to eating

A Complete Guide to Homeopathic Remedies Dr. S. K. Sharma, *Glorify Yourself - The New Fascinating Guide to Charm and Beauty - A Complete and Up-To-Date Course on Beauty and Charm by one of the Most Famous Beauty Specialists and Consultants in the World* Eleanore King, 2020-10-16 *Glorify Yourself* is a classic self improvement book designed for women written by Eleanore King It includes twelve comprehensive lessons on beauty including sections on skin and make up posture relaxation dress diet exercise hair and much more Contents include Facial Radiance Inviting Lips An Enticing Skin Corrective Make Up Attractive Legs A Graceful Walk Sitting Technique Flattering Clothes Every Woman A Model Posture and Relaxation Dieting for Size etc This volume will appeal to those with an interest in early self improvement books as well as historical beauty and social standards in western society Many vintage books such as this are increasingly scarce and expensive It is with this in mind that we are republishing this volume now in an affordable modern high quality edition complete with the original text and artwork

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and Age in Europe, 1800-2000 Tenna Jensen, Caroline Nyvang, Peter Scholliers, Peter Atkins, 2019-01-16 People eat and drink very differently throughout their life Each stage has diets with specific ingredients preparations palates meanings and settings Moreover physicians authorities and general observers have particular views on what and how to eat according to age All this has changed frequently during the previous two centuries Infant feeding has for a long time attracted historical attention but interest in the diets of youngsters adults of various ages and elderly people seems to have dissolved into more general food historiography This volume puts age on the agenda of food history by focusing on the very diverse diets throughout the lifecycle The Unveiling The Secrets Of Reiki Harish Agrawal, 1996-11 Buddhism (Teachings Of Buddha) Manan Sharma, 2001 Practical Vaastu Shastra Acharya Satyanand, 2025-09-30 Vastushastra is the science of ancient architecture which tells us about the luck or bad luck regarding a piece of land Acharya Satyanand has written in detail in Practical Vastushastra that what kind of land should be purchased for construction of a house and in which direction the house should be constructed Tyra Turner, 2007-07 This guide provides business profiles hiring and workplace culture information on more than 30 top employers including 3M Coca Cola Company Kraft and more

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