

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/Bibbe 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 Guide

Insight Guides



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The Greatest Guide to Slimming & Healthy Living Wendy Green, 2011-06 Slimming healthy living tips and advice to help you Discover why you overeat and harness the power of your subconscious mind to help you lose weight Eat less by changing your relationship with food Learn which everyday foods drinks herbs and

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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 *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 is 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 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 Willing's Press Guide and Advertisers' Directory and Handbook, 2002 The Essential Guide to the Internet for Health Professionals Sydney

Chellen, 2015-05-11 First published in 2003 Routledge is an imprint of Taylor Francis an informal company **Insight Guides Japan (Travel Guide eBook)** Insight Guides, 2020-02-01 Insight Guides Japan Travel made easy Ask local experts Comprehensive travel guide packed with inspirational photography and fascinating cultural insights Get Olympic ready with this inspirational full colour guidebook to Japan It's all a traveller needs to explore Japan in depth during their Tokyo 2020 Olympic adventure From deciding when to go to choosing what to see when you arrive this guide to Japan is all you need to plan your perfect trip with insider information on must see top attractions like Tokyo Kyoto and Mount Fuji and cultural gems like watching a thrilling sumo match feeling at peace in spiritual temples and being amazed by Japan's high tech society

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 can cause irregular or absent menstrual cycles reduced fertility excess facial body hair growth and an increased risk of
 diabetes An estimated 10% of the adult female population approximately 2 million of the 19 million adult women in Britain
 are affected by PCOS Written by a consultant endocrinologist and a dietician who run a PCOS clinic at a major hospital in the
 UK this book aims to help women better understand PCOS and manage their condition The book comprises concise chapters
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