

step 2... measured healthy extras



make 2 choices from the **a** section
& 1 choice from the **b** section
every day!

healthy extra a choices

"a" choices are foods that are high in calcium. Maintaining a high intake of calcium when you're losing weight is important for good health and may aid your weight loss too.

milk

C Enjoy measured amounts of milk on its own, in hot drinks, or on cereal.

1½ cups fat-free skimmed cows milk

1¼ cups 1%, low fat cows milk

1 cup 2%, reduced fat cows milk

¾ cup whole cows milk

¾ cup whole goats milk

1½ cups lactose-free, fat-free calcium-fortified skim milk

1¼ cup 1%, lactose-free, low fat milk

1 cup 2%, lactose-free, reduced fat milk

1¼ cups plain soy milk, sweetened

1½ cups plain/light soy milk, unsweetened

1¾ cups almond milk, sweetened

4 cups almond milk, unsweetened

1½ cups coconut milk, sweetened

2¾ cups coconut milk, unsweetened

2 cups cashew milk, sweetened

5 cups cashew milk, unsweetened

1 cup buttermilk, reduced fat

¾ cup whole buttermilk

cheese

C Use these measured amounts in sandwiches, on baked potatoes or on pasta – whole, grated, sliced, melted or grilled!

1oz American/Cheddar/Swiss

1½oz American/Cheddar/Swiss, reduced fat

2oz American/Cheddar/Swiss, low fat

3oz American/Cheddar/Swiss, fat-free

4oz Cream cheese, fat-free

1oz Edam/Gouda/Gruyere/Halloumi

1½oz Feta

3oz Feta, fat-free

1oz Goats milk hard cheese

1oz Monterey Jack

1½oz Mozzarella, part-skim/whole milk

3oz Mozzarella, non-fat

1oz Muenster cheese

1½oz Muenster cheese, low fat

1oz Parmesan/Parmigiano Reggiano

1oz Provolone

1½oz Provolone, reduced fat

3oz Ricotta, part-skim

1oz Romano

1½oz Velveeta, Original

2oz Velveeta, 2%/reduced fat

grab and go!

C Choose these Healthy Extras when you have time to eat—but no time to measure!

2 Kraft Cheese Singles, all varieties

3 Kraft Cheese Singles Reduced Fat/2%, all varieties

4 Kraft Cheese Singles Fat-Free, all varieties

2 Kraft Deli Fresh Extra Thin Swiss Cheese Slices

3 Kraft Velveeta Original Cheese Slices

4 The Laughing Cow Cheese Wedges, all varieties except Creamy Swiss Original

2 Mini Babybel Cheeses, Light/Mozzarella Style

3 Go Veggie Rice Slices, all varieties

healthy extra *b* choices

“b” choices are foods that are high in fiber or contain important nutrients for a healthy balanced diet.

cereals

F Many high-fiber wholegrain cereals can be enjoyed as a Healthy Extra “b” choice in these measured amounts. And you can replace any branded cereal below with a grocery store’s own version.

- ½ cup All-bran Bran Buds
- ¾ cup All-bran Original
- ½ cup Alpen Original Muesli
- ¾ cup bran flakes, any brand
- 1 cup Cheerios Multigrain
- 1¼ cups Cheerios Original
- ½ cup dry oat bran
- ¼ cup dry oats/plain instant oatmeal
- ¾ cup Fiber One Honey Clusters
- 1 cup Fiber One Original Bran Cereal
- ½ cup General Mills Raisin Nut Bran with almonds & raisins
- ½ cup Kelloggs Frosted Mini-Wheats Little Bites, Original/Chocolate
- 1¼ cups Kix, Crispy Corn Puffs
- ½ cup muesli, fruit & nut, any brand
- ½ cup Post Grape-nuts
- ¾ cup Post Shredded Wheat Spoon size, Original/Wheat n Bran
- ½ cup raisin bran, any brand
- 1½ Shredded Wheat biscuits, any brand
- 1 cup Total, Wholegrain
- ½ cup Wheat Chex
- ¾ cup Wheaties

hot tip!

If your favorite cereal isn’t listed as a Healthy Extra, it will have a Syn value. Please check the Syns list for averages.

bread

F Whole wheat bread is a Healthy Extra because it’s higher in fiber than other breads. These measured amounts count as your Healthy Extra “b” choice.

- 2oz 100% whole wheat bread
- 1½oz multigrain/wholegrain bread
- 1 (2oz) whole wheat English muffin
- 1 (2oz) light multigrain English muffin
- 1 (1½oz) whole wheat sandwich thin

healthwise

Fiber-rich foods are among the most powerful appetite-satisfiers. Fiber can also help protect against many diseases and keeps your digestive system healthy. Please note, it’s important to drink plenty of fluid especially when you’re increasing your fiber intake.

tips for success

If you choose a ready-made sandwich made with whole wheat bread (beware —not white or multigrain!), you can count the bread as your Healthy Extra “b” choice and deduct 6 Syns from the Syn value of your sandwich.

grab and go!

bread & tortillas

F The perfect on-the-go Healthy Extra choice!

- 1 Arnold Sandwich Thin, all varieties, 43g each
- 1 Flatout, Light Flatbread, all varieties
- 1 La Tortilla Factory, 100 Calorie Whole Wheat Tortilla, 58g each
- 1 Mission, Carb Balance Tortilla, Plain/Whole Wheat, 28g each
- 1 Mission, Carb Balance Soft Taco, Plain/Whole Wheat, 42g each
- 1 Mission, Multigrain Fajita Flour Tortilla, 36g each
- 1 Nature’s Own, 100% Whole Wheat Sandwich Round, 43g each
- 3 slices, Nature’s Own, 40 Calorie Bread, all varieties
- 1 Oroweat 100% Whole Wheat Sandwich Thin, 43g each
- 2 Ortega Wholegrain Taco Shells
- 1 Thomas’ Bagel Thin, 100% Whole Wheat, 46g each



steak & onion sandwich

weightwise

White bread doesn’t count as a Healthy Extra, so if you choose it, keep track of the Syns as they quickly add up.

grab and go! crackers & crispbread

F Fiber-rich and perfect for breakfast, lunch, dinner... or in between!

- 6 Finn Crisp Thin Rye Crispbreads, Original
- 11 Kashi TLC Pita Crisps, all varieties
- 15 Kashi TLC Original 7 Grain/Fire Roasted Veggie Snack Crackers
- 5 Real Foods Corn Thins, all varieties
- 4 Ryvita Light Rye Crispbreads
- 4 Ryvita Rye & Oat Bran Crispbreads
- 3 Ryvita Dark Rye Crispbreads
- 3 Ryvita Multigrain Crispbreads
- 3 Ryvita Pumpkin Seed & Oat Crispbreads
- 3 Ryvita Sunflower Seed & Oat Crispbreads
- 2 Ryvita Muesli Crunch Crispbreads
- 4 Wasa Light Rye Crispbreads
- 3 Wasa Sourdough Crispbreads
- 2 Wasa Hearty Crispbreads
- 2 Wasa Multigrain Crispbreads
- 2 Wasa Wholegrain Crispbreads

grab and go! cereal bars

F The perfect on-the-go Healthy Extra choice!

- 1 Fiber One 90 Calorie Chewy Bar, all varieties
- 1 Kashi Chewy Granola Bar, Cherry Dark Chocolate
- 1 Kashi Layered Granola Bar, Dark Chocolate Coconut
- 1 Kashi Soft Baked Cereal Bar, Cherry Vanilla
- 1 Kellogg's Nutrigrain Soft Baked Cereal Bar, any fruit variety
- 1 Kellogg's Special K Cereal Bar, all varieties
- 1 Kellogg's Special K Protein Granola Snack Bar, all varieties



baked fruit parcels

dried, canned & cooked fruit

can be counted as your Healthy Extra "b" choice in these measured amounts.

dried fruit

- F**
- 1½oz apples
 - 1½oz apricots
 - 1½oz/6 dates
 - 1½oz figs
 - 1½oz peaches
 - 1½oz pears
 - 1½oz prunes, pits removed

canned fruit

F A sweet Healthy Extra choice when canned in juice or water (not syrup).

all weights include juice/water

- 7oz apples, sliced
- 9oz apricots
- 8oz cherries
- 10oz fruit cocktail
- 10oz peaches
- 9oz pears
- 8oz plums

cooked fruit

F Ideal for desserts, smothered in fat-free plain yogurt.

cooked weight

- 9oz apples
- 1lb fresh apricots
- 11oz blackberries
- C** 9oz blackcurrants
- 8oz blueberries
- 13oz damsons
- 10oz fresh figs
- 11oz nectarines/peaches
- 12oz pears
- 13oz plums
- 4oz prunes
- 9oz raspberries
- C** 1lb rhubarb

weightwise

If you add granulated or powdered sweetener to your cooked fruit, a teaspoon or one packet has negligible Syns and can be counted as Free. For every tablespoon you use count ½ Syn. If you add sugar, count the Syns in the sugar. See the average Syn values in the Syns list.



lentil soup

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soups

F Ideal for times when you have time to eat, but not to cook—these particular soups are high enough in fiber to count as a Healthy Extra “b” choice.

18.5oz can of Progresso Light Soup:

- Homestyle Vegetable & Rice
- Savory Vegetable Barley
- Vegetable
- Vegetable & Noodle

1 cup Progresso Heart Healthy Soup:

- Creamy Tomato Basil
- Creole-style Chicken Gumbo
- Hearty Minestrone
- Savory Garden Vegetable
- Southwest-style Black Bean & Vegetable

1½ cups Progresso Heart Healthy Soup:

- Tomato with Parmesan

1 cup Campbell’s Chunky Healthy Request Soup:

- Beef with Country Vegetables
- Roasted Chicken with Country Vegetables
- Savory Vegetable

1 cup Campbell’s Home Style Healthy Request Wholegrain Pasta Fagioli

½ cup Campbell’s Condensed Soup:

- Cream of Celery
- Healthy Request Minestrone
- Healthy Request Vegetable Beef
- Vegetarian Vegetable

nuts & seeds

Nuts and seeds are a source of protein, minerals and healthy oils. In these measured amounts they can be counted as your Healthy Extra “b” choice (any more must be counted as Syns!).

16 almonds or ¼ cup sliced

5 brazil nuts

14 cashew nuts

F 7 chestnuts

1oz coconut, fresh

F 2 level tbsp flaxseed/linseed

23 hazelnuts

1 level tbsp mixed nuts, chopped

30 small unsalted peanuts

11 pecan halves

1 level tbsp pine nuts or kernels

35 pistachio nuts

2 level tbsp pumpkin/squash seeds

F 2 level tbsp sesame seeds

2 level tbsp sunflower seeds,

5 walnut halves