

# Your guide to the 2 Day Diet

**PROCAS Lifestyle**

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# Introduction

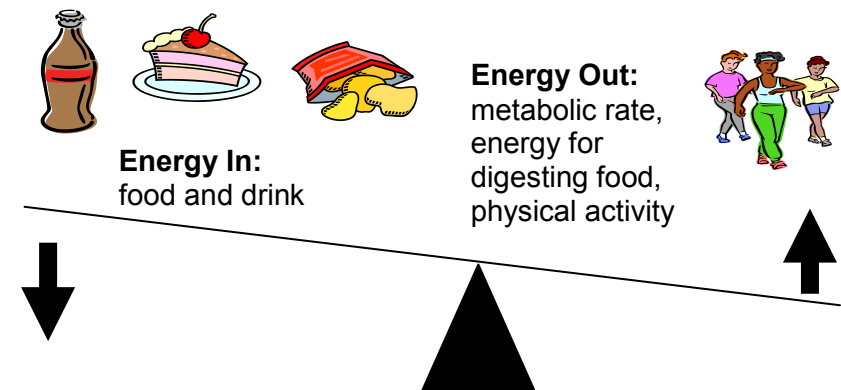
The correct diet and exercise choices will not only help you lose weight but will also reduce your chances of developing breast cancer and 10 other cancers, heart disease, stroke, diabetes, osteoporosis (thinning of the bones), kidney disease and dementia.

The research dietitians at the Genesis Breast Cancer Prevention centre have developed the 2 Day Diet, which is proven to help people lose weight and keep it off. The 2 day diet involves having 2 '**Diet Days**' a week where you will restrict your **calories** and your **carbohydrate** intake. On the other 5 days you will follow a healthy balanced **Mediterranean** diet.

This booklet is split in to 2 sections The first section explains what to do on your 2 'Diet days'. The second section explains how to follow a Mediterranean diet on the other 5 days.

# How we lose and gain weight

We need energy to fuel our major organs, maintain the normal functions of the body (our metabolic rate), and to fuel any physical activity we do. Energy comes from food and drink. To stay the same weight our energy intake needs to be the same as the energy we burn.



To lose weight we either need to cut down our food intake, or increase our physical activity levels, or ideally do a combination of both.

Being physically active can increase the amount of total weight lost compared to diet alone. This is achieved by maintaining lean tissue (muscle) and increasing fat loss. Physical activity also helps to improve fitness, **reduce health risks** and improve well being (mood).

# Section 1

## What to eat on the 2 diet days

## The 2 day diet

### What to eat on your 2 diet days

The 2 Day Diet includes 2 low carbohydrate, low calorie '**diet days**' each week. Try to do these days together each week if you can.

The **2 diet days** are similar to the Atkins diet you may have heard of. However our diet includes a healthy balance of all foods. It is designed for optimum health, ensures you have a range of healthy protein foods and the right balance of healthy fats, and allows you some fruit and plenty of vegetables.

On the **2 Diet Days** you can only consume the following 2 Day Diet portions. These portions are explained on the following pages

Food group	2 Day Diet Portions
Carbohydrate	0
Protein	Minimum = 4 Maximum = 12
Fat	Maximum = 5
Dairy	Aim = 3
Vegetables	Aim = 5
Fruit	Aim = 1

## Alcohol



On the 2 'Diet Days', you are **not** allowed any alcohol

# Carbohydrates

On the 2 'diet days', you are **not** allowed foods which contain lots of carbohydrate

## **X Not allowed on diet days**

### **Starchy carbohydrates**

- Bread, or food containing bread such as breaded fish
- Breakfast cereals including porridge oats
- Pasta, or pasta products such as lasagne, spaghetti in tomato sauce, ravioli
- Rice, or rice products such as rice, risotto, rice pudding, sushi
- Potatoes, or potato products such as fish cakes, mash, chips, waffles
- Crackers, crisp breads and rice cakes

### **Other high carbohydrate foods**

- Sugar and foods with added sugar: e.g. cakes biscuits, fizzy drinks, honey, sweets, chocolate (you can use sweeteners )
- Flour or foods containing flour such as white sauces
- Some high carb vegetables (carrots, parsnips, beetroot and sweetcorn) and pulses (chickpeas, baked beans and lentils)
- Some high carb fruits: banana, blueberries, grapes, mango, fruit juice, tinned fruit, fresh dates or figs, and dried fruits (except dried apricots which are allowed)

# Protein

On **each** diet day you can have between **4 and 12** portions of these protein foods. Weights are listed as raw meats and fish (except tinned fish or lean ham). One-third of this weight is lost in cooking, so 1 portion of cooked meat, poultry and oily fish is equal to 20g and one portion of white fish is 40g.

Protein	1 portion	Equal to
Fresh or smoked white fish (e.g. haddock or cod)	60 g or 2 oz	½ of a fish fillet
Seafood (e.g. prawns, mussels, crab)	45 g or 1½ oz	¼ of a 180 g packet
Canned tuna in brine or spring water	45 g or 1½ oz	⅓ small tin of tuna
Oily fish (fresh or tinned in tomato sauce or oil - drained), e.g. mackerel, sardines, salmon, trout, tuna, smoked salmon or trout or kippers	30 g or 1 oz	¼ small tin or ¼ fillet of salmon
Chicken, turkey, duck, pheasant (cooked without skin)	30 g or 1 oz	1 slice size of playing card
Lean beef, pork, lamb, rabbit, venison, offal (fat removed)	30 g or 1 oz	1 slice size of playing card
Lean bacon	25 g or ¾ oz	1 rasher
Lean ham	30 g or 1 oz	2 medium slices or 4 slices wafer thin
Eggs	60 g or 2 oz	1 egg
Tofu ☺	50 g or 1 ⅔ oz	size of a match box

☺ **Other vegetarian protein foods contain carbohydrate and need to be limited (see page 9)**

# Vegetarian Protein Foods

These protein foods contain some **carbohydrate** and need to be limited on the 2 '**Diet Days**'.

You can include **one** of the following on each diet day which count towards your daily protein target of **1 to 12 protein portions** (previous page). For example the table below shows that 2 vegetarian sausages counts as 4 of your daily protein portions.

Protein	Maximum per diet day	Daily protein portions
Quorn	120 g or 4 oz a day	4
Textured vegetable protein (TVP)	30 g or 1 oz a day	3
Soy and edamame beans	120 g or 4 oz a day	4
Low fat hummus	3 rounded table-spoon or 90 g or 3 oz a day	3
<b>Vegetarian sausage</b>	<b>2 a day</b>	<b>4</b>
Frozen vegetarian mince	60 g or 2 oz a day	2

## TIPS

- Avoid beans, lentils and other pulses on diet days as they are high in carbohydrate.
- Nuts count as a fat portion, not a protein portion, in the 2 day diet

# Dairy

On **each** diet day, have **3** portions of these low-fat dairy foods to **help you get enough calcium**

Milk and dairy foods	1 Portion	Equal to
Milk (semi skimmed or skimmed)	⅓ pint, 200 ml or 7 fl oz	One small glass
Soya or nut milk (sweetened or unsweetened with added calcium)	⅓ pint, 200 ml or 7 fl oz	One small glass
Yoghurt: diet fruit, low fat Greek, low fat fromage frais, low fat plain, plain soya yoghurt	120-150 g or 4-5 oz	1 small pot or 3 heaped tablespoons
Whole milk plain yoghurt	80 g or 2 ⅔ fl oz	2 tablespoons
Cottage cheese	¼ of a 300 g pot, 75 g or 2 ½ oz	2 tablespoons
Cream cheese (light or extra light)	30 g or 1oz	1 tablespoon
Quark	⅓ of 270 g pot, 90 g or 3 oz	3 tablespoons
Lower fat cheeses: Reduced fat cheddar, edam, Bavarian smoked, feta, ricotta, mozzarella, reduced fat halloumi, paneer made from semi-skimmed milk	30 g or 1 oz  <b>No more than 120g or 4oz a week ☹</b>	Small match-box size

☹ Cheese is high in saturated fat, which is bad news for our hearts and possibly linked to breast cancer.

## Fruit

On **each Diet Day** you can have **1 portion (80 g or 2 ⅔ oz)** of fruit. Avoid **high carbohydrate fruits** such as bananas, blueberries, grapes, mango, fruit juice, tinned fruit, fresh dates or figs, and dried fruits (except dried apricots which are allowed, 1 portion is **30 g or 1 oz** ). These fruits are encouraged on your non-diet days.

Examples of low carbohydrate fruit portions are listed in the table below:

Fruit	1 portion (80g or 2 ⅔ oz) is equal to
Berries (eg blackberries, redcurrants, raspberries, strawberries)	1 handful
Cherries	15 cherries
Grapefruit, guava	½ a whole fruit
Large fruit (e.g. melon, pineapple, papaya)	1 medium slice
Medium fruits (e.g. apple, pear, nectarine, orange, peach)	1 fruit
Small fruit (e.g. fresh apricots, kiwi, clementine, passion fruit, plums)	2 fruits
Any stewed fruit-unsweetened or with sweetener e.g. apple, rhubarb	3 tablespoons
Kumquats, lychees, physalis	5 fruits

## Vegetables

The following vegetables are allowed, on **Diet Days**. Choose **5** portions of vegetables from the list below and overleaf. Each portion is **80 g or 2 ⅔ oz** (for both cooked and raw vegetables).

Vegetables	1 portion (80g or 2 ⅔ oz) is equal to
Artichoke	2 globe hearts
Asparagus, canned	7 spears
Asparagus, fresh	5 spears
Aubergine	⅓ medium
Beans, French	4 heaped tablespoons
Beans, runner	4 heaped tablespoons
Beansprouts, fresh	2 handfuls
Broccoli	2 spears
Brussel sprouts	8 sprouts
Cabbage	⅓ small cabbage or 2 handfuls
Cabbage, Pickled	3 heaped table spoons
Cabbage, shredded	3 heaped tablespoons
Cauliflower	8 florets
Celeriac	3 heaped tablespoons
Celery	3 sticks
Chinese leaves	⅓ 'head' Chinese leaves
Courgettes	½ large courgette
Cucumber	2 inch piece
Curly kale, cooked	4 heaped tablespoons
Fennel	½ cup sliced

## Vegetables (continued..)

Vegetables (continued)	1 portion (80g or 2 <sup>2</sup> / <sub>3</sub> oz ) is equal to
Karela or Gourd	½ medium
Leeks	½ medium
Lettuce (mixed leaves)	1 cereal bowl
Mangetout	1 handful
Mushrooms, fresh	14 button or 3 handfuls of slices
Mushrooms, dried	2 tablespoons or handful porcini
Okra	16 medium
Pak choi (Chinese cabbage)	2 handfuls
Pepper (green only)	½ pepper
Pumpkin	3 heaped tablespoons
Radish	10 radish
Spinach, cooked	2 heaped tablespoons
Spinach, fresh	1 cereal bowl
Spring greens, cooked	4 heaped tablespoons
Spring onion	8 onions
Sweetcorn, baby ( <u>not kernels</u> )	6 baby corns
Tomato, canned	2 plum tomatoes or ½ large can chopped
Tomato, fresh	1 medium or 7 cherry
Tomato puree	1 heaped tablespoon
Tomato, sundried	4 pieces
Watercress	1 cereal bowl

## Fats & high fat foods

On the 2 '**Diet Days**' you can have a **maximum of 5** fat portions of the following healthy fat foods:

Fat	1 portion	equal to:
Margarine or low fat spread (avoid the buttery types)	8 g	1 teaspoon
Olive oil or other oil	7 g	1 dessertspoon
Oil based dressing	7 g	1 dessertspoon
Seeds (e.g. linseed, pumpkin, sunflower, sesame, chia, hemp)	7 g	1 dessertspoon
Unsalted or salted or dry roasted nuts (not chestnuts on Diet days)	7 g	1 dessertspoon or 3 walnut halves, 3 Brazils, 4 almonds, 8 peanuts, 10 cashews or pistachios
Pesto	8 g	1 teaspoon
Olives	50 g or 1 <sup>2</sup> / <sub>3</sub> oz	10 olives
Mayonnaise	5 g	1 teaspoon
Low fat mayonnaise	15 g or ½ oz	1 tablespoon
Peanut butter (without palm oil)	11 g	1 heaped teaspoon
Curry paste or Harissa paste	15 g or ½ oz	1 tablespoon
Cocoa powder	12 g	2 heaped teaspoons

There are other fatty foods that contain some carbohydrate. These need to be limited on the **2 diet days** (see page 15).

## Other Fats

These high fat foods contain some **carbohydrate** and need to be limited on the 2 '**Diet Days**'.

You can include **1** of the following on each diet day, which count towards your daily fat portions (maximum 5 portions a day). For example the table below shows that  $\frac{1}{2}$  an avocado pear counts as 2 of your daily fat portions.

Fat	Maximum:	Number of fat portions:
Avocado	$\frac{1}{2}$ an average pear	2
Guacamole	2 tablespoons	2
Low fat guacamole	2 tablespoons	1

## Snacks

Try these snack ideas if you are hungry between meals on the 2 **Diet Days**. Snacks count towards your daily portions e.g. olives count towards your fats.

- Olives
- Salad or cooked vegetables with cottage cheese, low-fat cream cheese or low fat hummus
- Half a pot of cottage cheese
- Sautéed tofu or chicken strips lightly fried in spices
- Half a tin of sardines or pilchards
- Hard boiled egg
- Avocado, mozzarella, tomato and basil skewers or stacks
- Celery sticks filled with low-fat cream cheese
- Fruit
- Vegetable crudité, such as celery, cucumber, green peppers, mangetout, spring onions and cherry tomatoes with salsa, low-fat hummus, tsatsiki or guacamole
- Bowl of soup
- Small handful of nuts (for example Brazil nuts, walnuts or pistachios)
- Low-fat yoghurt
- Smoothie made with skimmed or semi-skimmed milk, low-fat yoghurt and one piece of allowed fruit
- Sugar-free jelly
- Ice lolly made from frozen, diluted, sugar-free squash



## Drinks

It is important to drink plenty on your diet days. We recommend you drink at least 8 glasses of fluid each day and you may need more. This helps you to feel full and helps prevent constipation.

We often mistake thirst for hunger so if you really fancy something to eat try having a large drink first and see if your cravings go away. There's no need to avoid drinks containing caffeine, for example tea and coffee. Some research shows these drinks can be beneficial for your health.

### ✓ **Include** on diet days

At least 8 drinks a day:

- Water
- Tea
- Coffee
- Green tea
- Herbal teas
- Sugar-free, no added sugar or diet squash and fizzy drink

### ✗ **Not** allowed on diet days

- Alcohol
- Adding sugar to drinks
- Regular fizzy drinks
- Fruit juice or smoothies
- Drinking chocolate (can have cocoa sweetened with sweetener)
- Malted milk drinks (e.g. Horlicks, Ovaltine) including low fat versions
- Flavoured water which contains sugar ( check the

## Treats

On the 2 **Diet Days**, most treat foods like chocolate, biscuits or ice cream are not allowed as they are high in carbohydrates.

If you do want something sweet on a **Diet Day** you could try one of the following options:

- ✓ Make a hot chocolate with semi-skimmed milk, cocoa powder and sweeteners.
- ✓ Sugar free jelly
- ✓ Ice lollies made from frozen no added sugar squash
- ✓ Sugar free mints (up to 10 a day)
- ✓ Smoothie made with skimmed or semi-skimmed milk, low-fat yoghurt and one piece of allowed fruit
- ✓ Sugar free gum
- ✓ Root liquorice (from health food shops)

## Salt and Flavourings

Generally too much salt in the diet is harmful to health, but on your **2 Diet days** you will be burning fat and as a result losing more water and electrolytes (salt) from your body. This may mean that you need a little more salt than we would usually recommend. If you are developing headaches on your Diet Days try to drink more. You may also need to have more salt.

## Salt and Flavourings (cont..)

You can increase your salt intake on Diet Days by having 4-6 "2 Day Diet" portions of high salt foods such as:

High salt food	Portion size	1 portion is equal to
Feta cheese	30 g or 1 oz	1 matchbox
Olives	50 g or 1 ⅔ oz	10 olives
Ham	30 g or 1 oz	2 medium or 4 wafer thin slices
Bacon	25 g or ¾ oz	1 rasher
Smoked meat	30 g or 1 oz	1 slice size of playing card
Smoked oily fish	30 g or 1 oz	½ slice of smoked salmon ½ smoked mackerel fillet
Smoked white fish	60 g or 2 oz	½ fillet
Salted or roasted nuts	7 g	1 dessertspoon

Or include **one** serving of the following:

- ✓ ½ stock cube or 2 teaspoons bouillon as a drink or in food
- ✓ 1 tablespoon soy sauce or fish sauce
- ✓ 1 teaspoon yeast extract or meat stock with hot water
- ✓ 3 teaspoons gravy powder/granules dissolved in hot water
- ✓ 1 teaspoon miso paste

You can use these flavourings freely on diet days :

- ✓ Lemon juice
- ✓ Fresh or dried herbs and spices
- ✓ Fresh ginger and garlic
- ✓ Black pepper
- ✓ Mustard or horseradish
- ✓ Vinegars e.g. red or white wine vinegar or balsamic vinegar
- ✓ Fresh or pre-chopped garlic or ginger
- ✓ Chilli – fresh, powder or dried flakes

## 2 Day Diet Tracker

Use the **2 day diet** tracker to see if you are keeping on track with the diet. If you have not lost weight on the diet, you may be having more portions than you thought.

**Remember** you are **not** to have alcohol, carbohydrates or treats (i.e. cakes, biscuits) or added sugar (i.e. sugar syrup or honey) on the DIET days.

Meal, snack or drink	Daily Portion Targets				
	Protein 4 to 12	Fat Maximum 5	Dairy Aim 3	Fruit Aim 1	Veg Aim 5
Breakfast					
Snack					
Lunch					
Snack					
Evening meal					
Snack					
Drinks					
Totals					

## Section 2

### What to eat on the five Mediterranean days

## The Mediterranean diet

You may have already heard about the heart health benefits of following a Mediterranean diet. The Mediterranean diet is high in wholegrains, uses more monounsaturated fats (e.g. olive oil) and less saturated fats (e.g. butter), and includes plenty of colourful fruits and vegetables and also oily fish.

As well as the benefits to your heart, there is also evidence that a Mediterranean diet assists weight loss and decreases the risk of breast cancer. That is why we are advising a Mediterranean diet for the other 5 days.

On the 5 Mediterranean days we recommend the following portions depending on the diet plan that is right for your current weight.

Recommended portions for your current weight	10 st 3 lb or less (65kg or less)	10st 4lb-13st 5lb (65.1-84.9 kg)	13 st 5 lb or more (85 kg or more)
Approximate calorie intake on Mediterranean days	1500 calories	1800 calories	2100 calories
Carbohydrate	Maximum 7	Maximum 9	Maximum 11
Protein	Aim for 9	Aim for 11	Aim for 13
Fat	Maximum 3	Maximum 4	Maximum 5
Dairy	Aim for 3 per day		
Vegetables	Aim for 5 portions per day		
Fruit	Aim for 2 portions per day		

# Carbohydrates

Choose wholegrain carbohydrates whenever possible. These have more fibre and nutrients than white versions, take longer to digest and absorb and can keep us feeling full for longer, which can help stop unhealthy snacking

Try to cut down on sugar and sugary snacks such as sweets cakes & biscuits. These just give us extra calories with few nutrients and because they are quickly digested they often leave us craving for more!

White, refined carbohydrates and sugary foods make the body produce more insulin which is bad news as insulin can promote cancer, heart disease, diabetes and dementia.

<i>If you eat these.....</i>	<i>...why not switch to these</i>
White bread, French stick, bagels, croissants, crumpets	Granary bread, wholemeal pitta bread, pumpernickel bread, multi-grain bread, rye bread, wholemeal bread
White pasta, white rice, white cous cous, noodles	Bulgar wheat, quinoa, brown noodles, wholegrain pasta, brown rice, wholemeal cous cous
Cornflakes, white rice cereal, sugary cereals, instant oat cereal	Porridge, bran-based cereals like branflakes, wholewheat biscuits, no added sugar muesli
Crisps, sweets, biscuits, sugary popcorn, doughnuts, cakes	Fruit, yoghurt, nuts, plain popcorn
Mashed potato, chips,	Sweet potatoes, new potatoes boiled in their skins, jacket potatoes
Cream crackers, rice cakes	Oatcakes, rye crispbreads, wholewheat crackers
Sugary fizzy drinks	Water, sugar-free squash, diet fizzy drinks

# Carbohydrate

The maximum carbohydrate portions you are allowed on your Mediterranean days depends on the diet plan you are following

- Maximum 7 portions for the **1500 calorie med day**
- Maximum 9 portions for the **1800 calorie med day**
- Maximum 11 portions for the **2100 calorie med day**

**IMPORTANT:** The portions of carbohydrates are maximums, listen to your body and stop if you have had enough

<b>Carbohydrate</b>	<b>1 portion is:</b>	<b>Equal to</b>
Wholewheat or oat breakfast cereal, e.g. wholewheat biscuit, malted wholewheat squares, Grapenuts, bran flakes, fruit and fibre	24 g or ¾ oz	3 tablespoons or 1 whole wheat biscuit
Porridge oats or no-added sugar muesli	20 g or ⅔ oz	1 heaped tablespoon
Wholegrain, wholemeal, rye, granary bread	35 g or 1 oz	Medium slice of bread or ½ a roll
Pitta bread, chapatti made without fat, tortilla wrap (choose wholemeal or multigrain)	35 g or 1 oz	1 small or ½ a large
Rye crispbread	20 g or ⅔ oz	2 crispbreads
Whole-wheat cracker	20 g ⅔ oz	2 crackers
Oat cake (choose a variety without palm oil)	20 g ⅔ oz	1 oatcake
Wholegrain rice cake	16 g or ½ oz	2 rice cakes
Wholegrain pasta, brown rice, cous cous, bulgur wheat, pearl barley, quinoa		
Uncooked amounts	30 g or 1oz	1 tablespoon
Cooked amounts	60 g or 2oz	2 tablespoons

## Carbohydrate (continued)

Carbohydrate	1 portion is:	Equal to
Lasagne (wholemeal if possible)	25 g or ¾ oz raw weight	1 sheet
Noodles (wholemeal if possible)	25 g or ¾ oz raw weight	½ block or nest
Baked or boiled potato (in skin)	120 g or 4 oz raw weight	1 small potato
Cassava, yam, sweet potato	90 g or 3 oz raw weight	1 small potato
Wholemeal pizza base (topping is from other food groups)	35 g	⅙ of thin 10 inch pizza base
Sweet corn	60 g	½ corn on the cob or 2 tbsp kernels
Wholemeal flour	20 g or ⅔ oz	1 level tablespoon
Unsweetened popcorn	20 g or ⅔ oz	2 handfuls

### TIPS:

- Limit added fats (oils, butters etc) when cooking and preparing carbohydrate foods to make sure you do not have too many fat portions
- Sauces (e.g. tomato ketchup, brown sauce) contain carbohydrate and 1 tablespoon would count as ½ a portion

## Protein

The number of protein portions you need on each Mediterranean day depends on the diet plan you are following:

- Aim for 9 portions for the **1500 calorie med day**
- Aim for 11 portions for the **1800 calorie med day**
- Aim for 13 portions for the **2100 calorie med day**

Protein	1 portion:	equal to:
Fresh or smoked white fish (e.g. haddock or cod)	60 g or 2 oz	2 fish finger size
Seafood, e.g. prawns, mussels, crab	45 g or 1½ oz	¼ of a 180 g packet
Canned tuna in brine or spring water	45 g or 1 ½ oz	⅓ small tin of tuna
Oily fish (fresh or tinned in tomato sauce or oil - drained), e.g. mackerel, sardines, salmon, trout, tuna, smoked salmon or trout or kippers	30 g or 1 oz	¼ small tin or ¼ fillet of salmon
Chicken, turkey, duck, pheasant (cooked without skin)	30 g or 1 oz	1 slice size of playing card
Lean beef, pork, lamb, rabbit, venison, offal (fat removed)	30g or 1 oz	1 slice size of playing card
Lean bacon	25 g or ¾ oz	1 rasher
Lean ham	90 g or 3 oz	2 medium slices or 4 slices wafer thin
Eggs	60 g or 2 oz	1 egg
Tofu	50 g or 1 ⅔ oz	size of a match box

## Protein (continued)

Protein	1 portion:	equal to:
Baked beans	60 g or 2 oz	2 tablespoons
Lentils, chickpeas and beans		
Raw weight	20 g or ¾ oz	1 tablespoon
Cooked or tinned weight	65 g or 2oz	1½ tablespoons
Soya beans (frozen or cooked) or edamame beans	30 g or 1 oz	1 tablespoon
Quorn, e.g. pieces, mince, fillets	30 g or 1 oz	1 tablespoon
Vegetarian sausage	25 g or ¾ oz	½ sausage
Textured vegetable protein (TVP)	10 g or ⅓ oz uncooked	1 heaped tablespoon uncooked
Frozen vegetarian mince	30 g or 1 oz	1 tablespoon
Low fat hummus	30 g or 1 oz	1 rounded tablespoon

### TIPS:

- Remove any visible fat and skin before cooking meat and poultry
- Watch the amount of fat (e.g. oils, butters, etc) you use when cooking and preparing protein foods to make sure you do not have too many fat portions (grilling, baking and steaming are better than frying)
- Use vegetable stock instead of juices from meats when making gravy
- Beans, pulses and lentils can bulk up stews, soups and can be added to salads to help meet the protein targets on your Mediterranean days

## Dairy

On each Mediterranean day have **3** portions of these low-fat dairy foods to help you get enough calcium.

Milk and dairy foods	1 Portion	Equal to
Milk (semi skimmed or skimmed)	⅓ pint or 200 ml	1 small glass
Alternative 'milks' with added calcium, e.g. soya, nut, oat (sweetened or unsweetened)	⅓ pint or 200 ml	1 small glass
Yoghurt: diet fruit, fat free fruit, low fat Greek and fromage frais, low fat plain, plain soya yoghurt	120-150 g or 4-5 oz	1 small pot or 3 heaped tablespoons
Yoghurt: low fat fruit, whole milk fruit and plain, flavoured soya yoghurt	80g or 1 ⅔ oz	2 tablespoons
Cottage cheese	75 g or 1 ½ oz	2 tablespoons ¼ pot
Cream cheese (light or extra light)	30 g or 1 oz	1 tablespoon
Quark	90 g or 3 oz	⅓ pot or 3 tablespoons
Lower fat cheeses made with pasteurised milk: Reduced fat cheddar, edam, Bavarian smoked, feta, camembert, ricotta, mozzarella, reduced fat halloumi, paneer made from semi-skimmed milk	30 g or 1 oz ⊗ <b>No more than 120 g or 4 oz a week</b>	Matchbox size
Reduced fat evaporated milk	15 g or ½ oz	1 tablespoon

⊗ **Cheese is high in saturated fat, which is bad news for our hearts and possibly linked to breast cancer.**

# Fruit

Aim to have **2** portions of fruit on each Mediterranean day . You can have any fruit including higher carb ones which were not allowed on diet days. Each portion of **fresh** fruit is **80 g or 2 ⅔ oz.** **Dried fruit** portions are approx. **30 g or 1 oz.** Examples of fruit portions are listed in the table below:

Fruit	1 portion is equal to
Berries (eg blackberries, blueberries, redcurrants, raspberries, strawberries)	1 handful
Cherries or grapes	15 cherries
Grapefruit, Guava	1/2 a whole fruit
Large fruit (e.g. melon, pineapple, papaya)	1 medium slice
Medium fruits (e.g. apple, pear, nectarine, orange, peach, banana, pomegranate, mango )	1 fruit
Small fruit (e.g. fresh apricots, kiwi, clementine, passion fruit, plums)	2 fruits
Any stewed fruit-unsweetened or with sweetener e.g. apple , rhubarb	3 tablespoons
Kumquats, lychees, physalis	5 fruits
Dried fruits (raisins, currants, apricots)	1 tablespoons

## TIPS

- Fruit juice counts as one portion of fruit on Mediterranean days, but should be limited to one small glass a day as it high in natural sugar and energy and has less fibre than fresh fruit
- When buying tinned fruit try to buy it in juice rather than syrup
- Add sweetener instead of sugar to grapefruit

# Vegetables

You can have any vegetables on your Mediterranean days. Try to have **5** portions . Each portion is **80 g or 2 ⅔ oz** (for both cooked and raw vegetables).

Vegetables	1 portion (80g or 2 ⅔ oz) is equal to
Artichoke	2 globe hearts
Asparagus, canned	7 spears
Asparagus, fresh	5 spears
Aubergine	1/3 medium
Beans, French	4 heaped tablespoons
Beans, runner	4 heaped tablespoons
Beansprouts, fresh	2 handfuls
Beetroot (fresh or pickled)	1 large, or 4 baby
Broccoli	2 spears
Brussel sprouts	8 sprouts
Cabbage	1/6 small cabbage or 2 handfuls
Cabbage, Pickled	3 heaped table spoons
Cabbage, shredded	3 heaped tablespoons
Carrots	1 medium
Cauliflower	8 florets
Celeriac	3 heaped tablespoons
Celery	3 sticks
Chinese leaves	1/5 'head' Chinese leaves
Courgettes	1/2 large courgette
Cucumber	2 inch piece

Vegetables (continued)	1 portion (80g or 2 ⅔ oz) is equal to
Curly kale, cooked	4 heaped tablespoons
Fennel	½ cup sliced
Karela or Gourd	½ medium
Leeks	½ medium
Lettuce (mixed leaves)	1 cereal bowl
Mangetout	1 handful
Mushrooms, fresh	14 button or 3 handfuls of slices
Mushrooms, dried	2 tablespoons or handful porcini
Okra	16 medium
Onion	1/2 a large
Pak choi (Chinese cabbage)	2 handfuls
Parsnip	1 medium
Pepper	½ pepper
Pumpkin	3 heaped tablespoons
Radish	10 radish
Spinach, cooked	2 heaped tablespoons
Spinach, fresh	1 cereal bowl
Spring greens, cooked	4 heaped tablespoons
Spring onion	8 onions
Sweetcorn, baby ( <u>not kernels</u> )	6 baby corns
Tomato, canned	2 plum tomatoes or ½ large can chopped
Tomato, fresh	1 medium or 7 cherry
Tomato puree	1 heaped tablespoon
Tomato, sundried	4 pieces
Watercress	1 cereal bowl

## Fat

The maximum fat portions you are allowed on your Mediterranean days depends on the diet plan you are following:

- Maximum of 3 portions for the **1500 calorie med day**
- Maximum of 4 portions for the **1800 calorie med day**
- Maximum of 5 portions for the **2100 calorie med day**

Fat	1 portion	equal to:
Margarine or low fat spread (avoid the buttery types)	8 g	1 teaspoon
Olive oil or other oil	7 g	1 dessertspoon
Oil based dressing	7 g	1 dessertspoon
Seeds (e.g. linseed, pumpkin, sunflower, sesame, chia, hemp)	7 g	1 dessertspoon
Unsalted or salted or dry roasted nuts including chest-nuts	7 g	1 dessertspoon or 3 walnut halves, 3 Brazils, 4 almonds, 8 peanuts, 10 cashews or pistachios
Pesto	8 g	1 teaspoon
Olives	50 g	10 olives
Mayonnaise	5 g	1 teaspoon
Low fat mayonnaise	15 g or ½ oz	1 tablespoon
Peanut butter (without palm oil)	11 g or ⅓ oz	1 heaped teaspoon
Curry paste or Harissa paste	15 g or ½ oz	1 tablespoon
Cocoa powder	12 g or ⅓ oz	2 heaped teaspoons
Avocado	40 g or 1 ⅓ oz	1/4 of an average pear
Guacamole	20 g or ⅔ oz	1 tablespoon
Low fat guacamole	40 g or 1 ⅓ oz	2 tablespoons



## Snacks

Try these snack ideas if you are hungry between meals on your Mediterranean days. Snacks count towards your portions e.g. olives count towards your fats

- Olives
- Salad or cooked vegetables with cottage cheese, low-fat cream cheese or low fat hummus
- Half a pot of cottage cheese
- Sautéed tofu or chicken strips lightly fried in spices
- Half a tin of sardines or pilchards
- Hard boiled egg
- Avocado, mozzarella, tomato and basil skewers or stacks
- Celery sticks filled with low-fat cream cheese
- Fruit
- Vegetable crudités, such as celery, cucumber, green peppers, mangetout, spring onions and cherry tomatoes, with salsa, low-fat hummus, tsatsiki or guacamole
- Bowl of soup
- Small handful of nuts (for example Brazil nuts, walnuts or pistachios)
- Yoghurt
- Smoothie made with skimmed or semi-skimmed milk, yoghurt and one piece of allowed fruit
- Sugar-free jelly
- Ice lolly made from frozen, diluted, sugar-free squash
- Plain popcorn (popped in vegetable oil with no sugar or salt added)
- Dried pea snacks
- Oatcakes, rye crispbreads or wholemeal crackers with low-fat hummus, low-fat cream cheese or cottage cheese
- Malt loaf, with or without margarine or low-fat spread

## Drinks

It is important to drink plenty especially when you're trying to watch your weight. We recommend you drink at least 8 glasses of fluid each day.

### ✓ Include

At least 8 drinks a day:

- Water
- Tea or green tea
- Coffee
- Herbal teas
- Sugar-free, no added sugar or diet squash and fizzy drinks
- Make a hot chocolate with semi-skimmed milk, cocoa powder and sweeteners

### \* Avoid

- Adding sugar to drinks
- Regular fizzy drinks
- Regular drinking chocolate or malted milk drinks
- Fruit smoothies
- Flavoured water which contains sugar (check the label)

### Limit

- Alcohol: have less than 10 units a week
- Adding sugar to drinks
- Fruit juice: have a maximum of 150 ml glass a day

Alcohol	Units	Calories
Glass of wine 13% (250ml)	3.3	240
Cider (1 pint)	2.3	210
Beer/lager 4% (1 pint)	2.3	170
Glass of wine 13% (175ml)	2.3	170
Champagne (125ml)	1.5	100
Alcopop 5% (275ml)	1.4	200
Port (50ml)	1.0	79
Sherry (50ml)	1.0	58
<b>Gin and slimline tonic (25ml gin)</b>	<b>1.0</b>	<b>50</b>

### Alcohol guidance

Alcohol contains lots of calories so it is best to keep your intake to a minimum.

The alcohol drink with the fewest calories, is a spirit and diet mixer (e.g. gin & slimline tonic, whisky & diet cola or vodka & diet lemonade).

Try to have 10 or less units a week, with 2 alcohol free days each week.

## Treats

We find a lot of dieters want to include a few treats each week. You don't have to have treats on your diet, but if you do, try to limit to **three** treats a week. Having more treats will slow down your weight loss. There are some examples on the list below. As a guide each treat is about **150 calories**. If you have something that is not on the list check the calories on the label e.g. a slice of chocolate birthday cake may be **300 calories and count as 2 of your weekly treats**.

Treats	Equal to 1 portion
Crisps	1 small packet (25-30g)
Plain or chocolate biscuit (e.g. digestive, hob nob)	2 biscuits
Jaffa cakes, ginger nuts or small chocolate chip cookies	3 biscuits
Rich tea biscuit	4 biscuits
Chocolate (ideally dark > 70% cocoa)	5 small squares or 30g
Ice cream	2 scoops (100g) standard or 1 scoop (50g) luxury
Malt loaf	1 slice
Hot cross bun	1 bun
Fruity teacake or bread	1 teacake or 1 slice
Fairy cakes	2 small cakes with thin or no icing
Flapjack	2 'mini' bites (3cm square)
Individual chocolate or truffle	3 chocolates
Creme egg	1 egg
Chocolate bar	1 small bar (e.g. penguin), or 2 finger Kit Kat, or half a 58g bar (e.g. Mars or Snickers), or a 'funsize' bar
Cereal bar	1 bar

## Salt

Eating too much salt is bad for your health. It can raise your blood pressure and put you at higher risk of heart disease and stroke. It increases your risk of having thinner bones and osteoporosis. You should aim to have no more than 6g of salt a day, which is about a teaspoonful. The average person in this country consumes about 9g of salt a day. About three-quarters of this is already hidden in the food we buy and eat, especially processed foods such as tinned soups, ready meals, smoked meats and fish, sausages and pizzas. A medium pepperoni pizza has 4g of salt.

Salt is also called sodium chloride. If sodium is listed in the nutritional information on a food packet, you can work out how much salt it contains by multiplying the sodium by 2.5. For example: 1.2g of sodium x 2.5 = 3g of salt. So the sodium is equal to 3g salt.

Tips for cutting down on salt:

- Avoid adding extra salt while cooking or at the table
- Flavour with black pepper, fresh or dried herbs, or lemon juice
- Choose reduced salt products i.e. baked beans & soups
- Choose tinned vegetables and pulses with no added salt
- Cut down on salty snacks i.e. crisps and salted/roasted nuts
- Check the labels of ready meals or ready-made sauces to find ones that are lower in salt

Keep your overall salt intake down, have no more than **1 portion per day** on the Mediterranean days.

- 1 small matchbook size piece of feta cheese (30 g or 1 oz)
- ½ slice of smoked salmon or ½ smoked mackerel fillet
- 1 slice of smoked meat, the size of a playing card (30 g or 1oz)
- ½ fillet of smoked white fish i.e. smoked cod (60 g or 2 oz)
- 10 olives (50 g or 1 ⅔ oz)
- 1 rasher of bacon (25 g or ⅔ oz)
- 2 medium or 4 wafer thin slices of ham (30 g 1 oz)
- 1 dessertspoon of salted or roasted nuts (7 g)

# Mediterranean Diet Tracker

Add your individual carbohydrate, protein and fat targets using the Mediterranean diet plan for your weight (see page 22).

Diet plan	Carbohydrates	Protein	Fats
1500 calories	7	9	3
1800 calories	9	11	4
2100 calories	11	13	5

Meal, snack, drink	Daily Portion Targets		
	Carbohydrate Maximum .....	Protein Aim .....	Fat Maximum .....
Breakfast			
Snack			
Lunch			
Snack			
Evening meal			
Snack			
Drinks			
Totals			

**Maximum targets:** You do not have to eat the maximum amounts of carbohydrates, fats and treats. Don't make yourself eat more of these than you want.

**Aim Targets:** Try to meet the aim for protein, dairy, fruit and veg to meet your needs for fibre, vitamins, minerals and calcium to maintain healthy muscles bones and overall health.

Daily Portion Targets			Weekly Maximum	
Dairy Aim 3	Fruit Aim 2	Veg Aim 5	Treats Maximum 3	Alcohol Maximum 10 units

# Notes



This clinical trial is supported by  
**Genesis Breast Cancer Prevention**

Genesis Breast Cancer Prevention is the only charity in the UK entirely dedicated to the prevention of breast cancer. Currently, 1 in 10 women and 1 in 1,000 men will develop breast cancer in their lifetime.

**Through the funding of vital medical research,  
Genesis Breast Cancer Prevention aims to make 1  
in 10, none in 10.**

Our purpose built breast cancer prevention centre, Europe's first, was completed in 2007 and we aim to support its services by sponsoring people and science.

We will achieve this by providing a strategic programme of clinical research, the UK's largest family history clinic, plus a training centre for specialists in all breast cancer disciplines.

We will promote breast screening and early diagnosis, and research new treatments to stop breast cancer in its early stages.