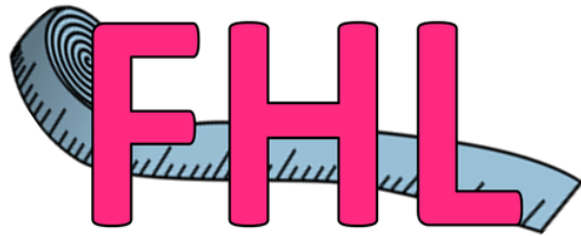


Your guide to the 2 Day Diet



Family History Lifestyle Study

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Introduction

You should not attempt The 2-Day Diet if you are a child, a teenager, pregnant, breastfeeding, suffering from depression or have an eating disorder. The moderately high levels of protein in this diet may pose problems for anyone with kidney disease or anyone at risk of kidney disease. If you have diabetes, any other medical condition or if you are taking medication, seek advice from your GP before embarking on any diet and exercise programme.

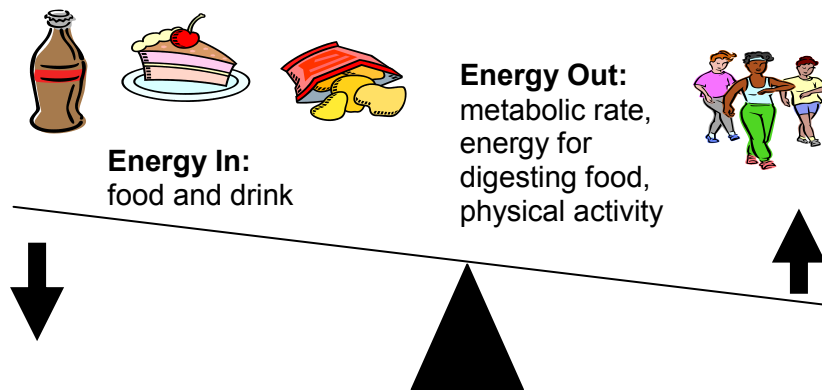
The correct diet and exercise choices will not only help you lose weight but will also reduce your chances of developing cancers, heart disease, stroke, diabetes, osteoporosis (thinning of the bones), kidney disease and dementia.

The dietitians at Wythenshawe Hospital 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 don't eat carbohydrates. 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 we need to eat as many calories as we burn off .



To lose weight we either need to cut down our food intake, be more active or ideally a combination of both.

Being active can boost weight loss when we follow a diet, and helps us to burn fat and keeps our muscles. Being active also helps to improve fitness, **reduce health risks** and improve our well being and 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.

The 2 'diet days' are similar to the Atkins diet you may have heard of. However our diet includes a healthy balance of 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 dairy foods, fruit and plenty of vegetables.

On the 2 'diet days' you can only have the following food portions which are explained on the following pages

	2 day diet portions allowed on each diet day	
Food group	Men	Women
Carbohydrate	0	0
Protein	Minimum = 6 Maximum = 11	Minimum = 5 Maximum = 9
Fat	Maximum = 4	Maximum = 3
Dairy	Aim for 3	Aim for 3
Vegetables	Minimum = 5 Maximum = 8	Minimum = 5 Maximum = 8
Fruit	Aim for 1	Aim for 1

Carbohydrates

On the 2 'diet days', you should avoid foods which contain lots of carbohydrate this includes all of the foods and drinks listed below.

X Not allowed on 'diet days'

- 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 risotto, rice pudding, sushi
- Potatoes, or potato products such as fish cakes, mashed potato, chips, waffles
- Crackers, crisp breads and rice cakes
- 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
- Alcohol



Protein

For women: On each 'diet day' you can have between **5 and 9** portions of these protein foods.

For Men: On each 'diet day' you can have between **6 and 11** portions of these protein foods.

Raw weights are listed for meats and fish (except tinned fish or lean ham).

Aim to have two servings of fish a week, including at least one serving of oily fish. A serving is 140g (4.9oz).

Have a **maximum** of 500g or 1lb 1oz of red meat a week, this can include a maximum of 6 portions of ham and bacon.

Avoid protein foods not listed in the table as these may be higher in carbohydrates.

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 standard tin (120g)
Canned tuna in olive oil	30 g or 1 oz	¼ standard tin (120g)
Chicken, turkey, duck, pheasant	30 g or 1 oz	1 slice size of playing card

Continues on next page.....

Protein

Protein	1 portion	Equal to
Oily fish (fresh or tinned in tomato sauce or olive oil - drained), e.g. mackerel, sardines, salmon, trout, tuna, kippers, smoked salmon	30 g or 1 oz	¼ standard tin (120g) or ¼ fillet of salmon
Lean beef, pork, lamb, rabbit, venison, offal (fat removed)	30 g or 1 oz	1 slice size of playing card
Lean grilled bacon	25 g or ¾ oz	1 rasher
Lean ham	30 g or 1 oz	1 medium, 2 small or 4 wafer thin slices
Eggs	60 g or 2 oz	1 egg
Tofu	50 g or 1 ⅔ oz	size of 2 match boxes
Quorn slices (bacon, ham, chicken)	25g / ¾ oz	2 slices
Low-fat hummus	30g/1oz	1 level tablespoon
Lentils, chickpeas & beans		
Raw weight	20 g or ⅔ oz	1 tablespoon
Cooked or tinned weight	65 g or 2oz	1½ tablespoons
Soya/edamame beans	30 g or 1 oz	1 tablespoon
Quorn, e.g. pieces, mince, fillets	30 g or 1 oz	1 tablespoon or 1/2 a fillet
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

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)	$\frac{1}{3}$ pint or 200 ml	1 small glass
Soya milk (With added calcium)	$\frac{1}{3}$ pint or 200 ml	1 small glass
Diet yoghurts, Low fat/fat-free Greek, Greek style, fromage frais, Plain soya yoghurt .	120-150 g or 4-5 oz	1 small pot or 3 heaped tablespoons
Whole milk natural yoghurt	80g or 1 $\frac{2}{3}$ oz	2 tablespoons
Plain or fruit-flavoured high-protein yoghurt	120-150 g or 4-5 oz	1 small pot or 3 heaped tablespoons
Cottage cheese	75 g or 1 $\frac{1}{2}$ oz	2 tablespoons $\frac{1}{4}$ pot
Cream cheese (light or extra light)	30 g or 1 oz	1 tablespoon
Quark	90 g or 3 oz	$\frac{1}{3}$ pot or 3 tablespoons
Lower fat hard cheeses. Eg Reduced fat cheddar, Edam, Bavarian smoked, feta, ricotta, mozzarella, reduced fat halloumi, paneer made from semi-skimmed milk	30 g or 1 oz ⊗ No more than 120 g or 4 oz a week	Matchbox size

⊗ Cheese is high in saturated fat, which is bad news for our hearts

Fruit

On each 'diet day' you can have **1 portion of fruit**. The table below shows what counts as one portion of fruit.

Fruit	1 portion	Equal to
Dried fruits (raisins, currants, apricots)	30 g or 1 oz	1 table-spoon
Berries (eg blackberries, blueberries, redcurrants, raspberries, strawberries)	80g or 2 $\frac{2}{3}$ oz	1 handful
Cherries or grapes	80g or 2 $\frac{2}{3}$ oz	15 cherries
Grapefruit, guava and mango	80g or 2 $\frac{2}{3}$ oz	1/2 a whole fruit
Large fruit (e.g. melon, pineapple, papaya)	80g or 2 $\frac{2}{3}$ oz	1 medium slice
Medium fruits (e.g. apple, pear, nectarine, orange, peach, banana, pomegranate)	80g or 2 $\frac{2}{3}$ oz	1 fruit
Small fruit (e.g. fresh apricots, kiwi, clementine, passion fruit, plums)	80g or 2 $\frac{2}{3}$ oz	2 fruits
Any stewed fruit - unsweetened or with calorie-free sweetener e.g. apple, rhubarb	80g or 2 $\frac{2}{3}$ oz	3 table-spoons
Kumquats, lychees, physalis	80g or 2 $\frac{2}{3}$ oz	5 fruits

Vegetables

On each 'diet day' aim to have 5 portions of vegetables from the list below and overleaf. Each portion is 80 g or 2 ²/₃ oz (for both cooked and raw vegetables).

Vegetables	1 portion (80g or 2 ² / ₃ 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 tablespoons
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
Curly kale, cooked	4 heaped tablespoons

Vegetables (continued..)

Vegetables (continued)	1 portion (80g or 2 ² / ₃ oz) is equal to
Fennel	¹ / ₂ cup sliced
Karela or Gourd	¹ / ₂ medium
Leeks	¹ / ₂ 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
Peas	2 heaped tablespoons
Pepper	¹ / ₂ 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 ¹ / ₂ 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

For women: A maximum of 3 fat portions of the following healthy fat foods.

For men: Maximum of 4 fat portions of the following healthy fat foods.

You can use low calorie spray oil freely and don't have to count this in your fat portions.

Fat	1 portion	equal to:
Margarine or low fat spread (olive oil based, avoid the buttery types)	8 g	1 teaspoon
Olive/Vegetable/Rapeseed 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
Avocado	40g	¼ of an average
Olives	50 g or 1 ⅔ 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

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 fat portions.

- Salad or cooked vegetables with cottage cheese, low-fat cream cheese or low fat hummus
- Half a pot of cottage cheese
- Stir fried tofu or chicken strips lightly fried in spices
- Half a tin of sardines or pilchards
- Hard boiled egg
- 30g piece of low fat cheese
- Olives
- Celery sticks filled with low-fat cream cheese
- Fruit
- Vegetable sticks, such as celery, cucumber, green peppers, mangetout, spring onions and cherry tomatoes with salsa, low-fat hummus, yoghurt dip.
- Bowl of homemade soup
- Small handful of nuts (for example Brazil nuts, walnuts or pistachios)
- Yoghurt from allowed list on page 10
- Homemade smoothie made with skimmed or semi-skimmed milk, yoghurt from allowed list 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. 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 drinks

✗ Not allowed on 'diet days'

- Alcohol
- Adding sugar to drinks
- Regular fizzy drinks which contain sugar
- Fruit juice or shop bought 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 label)

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)
- ✓ Homemade smoothie made with skimmed or semi-skimmed milk, yoghurt from allowed list on page 10, and one piece of allowed fruit
- ✓ Sugar free gum
- ✓ Root liquorice (from health food shops)

Flavourings

You can use these flavourings freely;

- ✓ 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

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. A Mediterranean style 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 as well as oily fish and low fat proteins like beans and lentils.

As well as the benefits to your heart, there is also evidence that a Mediterranean diet assists weight loss and decreases the risk of cancer. This is why we advise following a Mediterranean diet on the 5 remaining days.

Include these

- A Variety of different vegetables at least portions 5 a day!
- 2-3 portions of fruit a day
- Low fat proteins (see pages 5 and 6)
- Wholemeal/brown carbohydrates (page 19)
- Low fat dairy foods (page 9)
- Sugar free drinks (page 20)
- Two portions of fish a week

Only small amounts or none of these

- Unhealthy saturated fats (Try to stick to the fats recommend on page 13)
- Alcohol
- High sugar foods and drinks
- Takeaways and fast food

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 and biscuits. These just give us extra calories with few nutrients and because they are quickly digested they often leave us craving for more!

<i>If you eat these.....</i>	<i>...why not switch to these</i>
White bread, French stick, bagels, croissants, crumpets	Wholemeal bread, granary or multi-grain bread (ideally choose wholemeal versions), wholemeal pitta bread, pumpernickel bread, rye bread, white bread with added fibre
White pasta, white rice, white cous cous, noodles	Bulgar wheat, quinoa, brown noodles, wholewheat pasta, brown rice, wholewheat 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, unsweetened 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

Drinks

It is important to drink plenty especially when you're trying to watch your weight, as we sometimes think we're hungry when we're actually thirsty. We recommend you drink at least 8 glasses of fluid each day.

Include

At least 8 drinks a day:

- Water
- Tea, green tea and herbal teas (with out sugar)
- 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

Limit

- Alcohol: have no more than 10 units a week
- Fruit juice: have a maximum of 150 ml glass a day

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)

Alcohol

If you chose to include alcohol have no more than 10 units a week. Having more than this will slow down weight loss and have a negative impact on your health increasing your risk of developing cancers, heart disease and diabetes.

Alcohol contains lots of calories so it is best to keep your intake to a minimum. The drink with the fewest calories, is a spirit and diet mixer (e.g. gin & slimline tonic, whisky & diet cola). The table below show you how may calories are in different alcoholic drinks.

Make sure you're keeping track of how many units you have. Be sure to measure out you're drinks if you're pouring them at home where you may be tempted to pour yourself a bigger glass than you would get in a pub. If you don't know how many units are in a drink check the bottle or visit the drinkware website <https://www.drinkaware.co.uk/>

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
Port (50ml)	1.0	79
Sherry (50ml)	1.0	58
Gin and slimline tonic (25ml gin)	1.0	50

Treats

We find a lot of dieters want to include a few treats each week. You don't have to have treats in your diet, but if you do, try to limit to **three** treats a week. Having more treats will slow down your weight loss. Any thing which doesn't fit with these Mediterranean diet rules is consider a 'treat', remember to keep track of how many you've had to make sure you don't have more than the recommended amount.

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 developing osteoporosis (fragile bones). You should aim to have no more than 6g of salt a day, which is about a teaspoonful.

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, e.g. baked beans & soups
- Choose tinned vegetables and pulses with no added salt
- Cut down on salty snacks, e.g. crisps, salted nuts
- Check the labels of ready meals or ready-made sauces to find ones which are lower in salt

These foods are high in salt and should be limited:

- Cheese (dairy portion)
- ham, bacon, smoked meat, smoked fish (all protein portions)
- olives or salted nuts (fat portion)

Notes

The Family History Lifestyle Study is funded by Prevent Breast Cancer.



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We Prevent

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GENERATIONS**

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