

**Occasion****Cuisine****Dishes**

- > Breakfast
- > Lunch
- > Snacks
- > Dinner
- > Christmas
- > Party
- > More...

- > Asian
- > British
- > Chinese
- > French
- > Japanese
- > Greek
- > More...

- > Bread
- > Biscuits
- > Cakes
- > Curry
- > Deserts
- > Drink
- > More...

Our Recipes Explained

Introducing our key:

**Main Ingredient****Special Diet****Cooking Time**

- > Chicken
- > Fish
- > Meat
- > Dinner
- > Turkey
- > Vegetables
- > More...

- > Low Salt
- > Low Fat
- > Dairy Free
- > Dinner
- > Vegetarian
- > More...

- > 15 minutes or less
- > 30 minutes or less
- > 1 hour or less
- > Over an hour

Diet Planners

Read January's guide >

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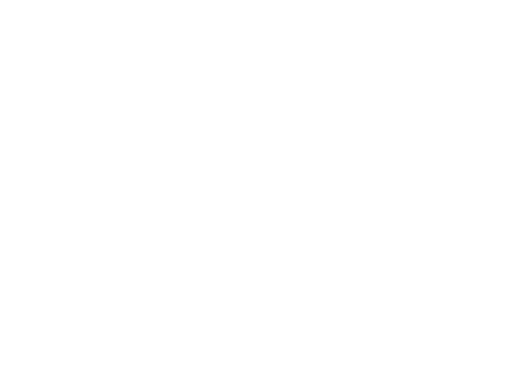
- > Cholesterol
- > Diabetes
- > Heart
- > Cancer
- > Arthritis
- > Allergies
- > IBS
- > Healthy gut
- > Food intolerance
- > Fussy eaters
- > Fertility
- > Menopause
- > Insomnia
- > Immunity
- > Alzheimer's
- > Oral health
- > More...

Healthy Belly Table

Our top 20 belly tips >

**How Do You Measure Up?**

Perfect weight advice >

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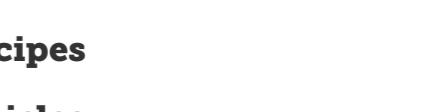
Bread (66)

Breakfast (14)

High Fibre (33)



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Chorizo & Lentil Soup

★★★★★ (22 ratings)

2 comments

Serves 6

Prep 15 min

Cook 3 1/2 hr

LOW CAL

LOW FAT

LOW SUGAR

LOW SALT

HIGH FIBRE

HIGH PROTEIN

At least 20% of the calories come from protein.

VIEW YOUR RECIPES



MEL. LEYSHON



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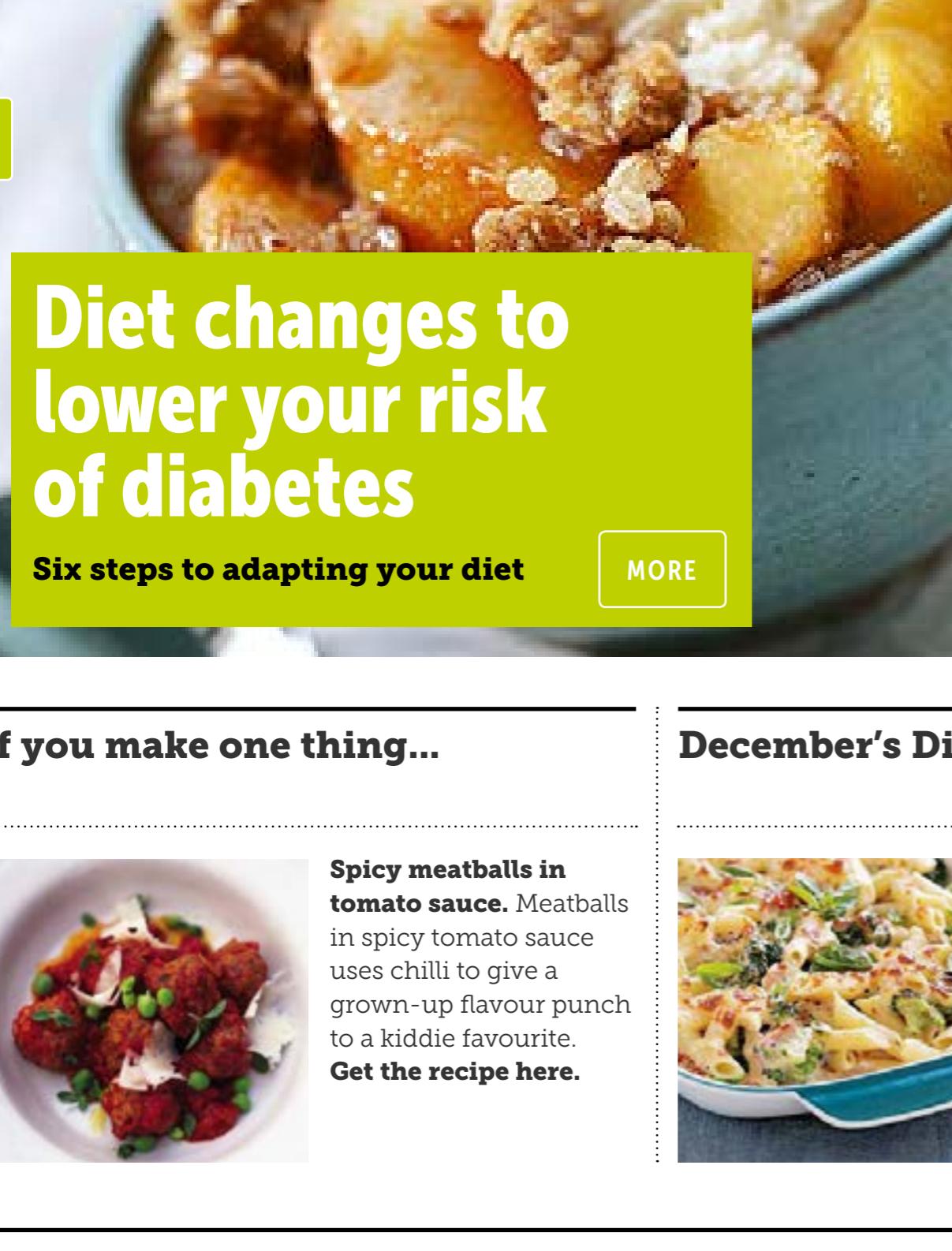
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By Tracy Kelly Registered dietitian and clinical adviser at Diabetes UK



Diet changes to lower your risk of diabetes

Six steps to adapting your diet

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Top Diabetic Recipes

	Boozy Strawberries ★★★★★
	Guilt-Free Moussaka ★★★★★
	Creamy tuna and broccoli pasta bake ★★★★★
	Prawn and pepper stir-fry ★★★★★
	Cashew-crusted salmon and salsa ★★★★★

300 X 250 MPU AD

If you make one thing...



Spicy meatballs in tomato sauce. Meatballs in spicy tomato sauce uses chilli to give a grown-up flavour punch to a kiddie favourite. [Get the recipe here](#).



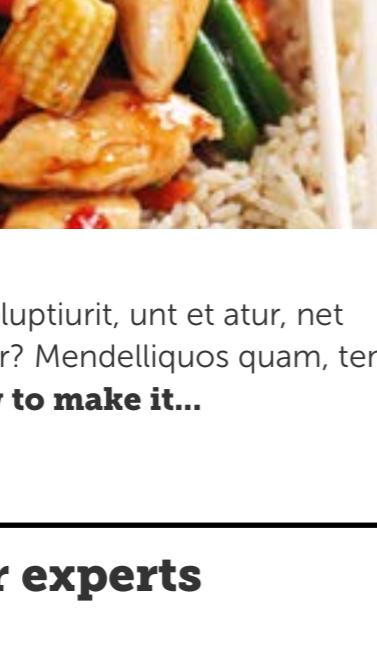
Our menu plan is designed to help you lose around 1lb a week. It includes at least five portions of fruit and veg a day and two portions of fish each week, one of them oil rich.

December's Diet Planner

Meet Our Experts



Juliette Kellow
Low-fat gluten-free pudding recipes
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Dr Dawn Harper
How to find your get up and go after a long pregnancy.
[More](#)



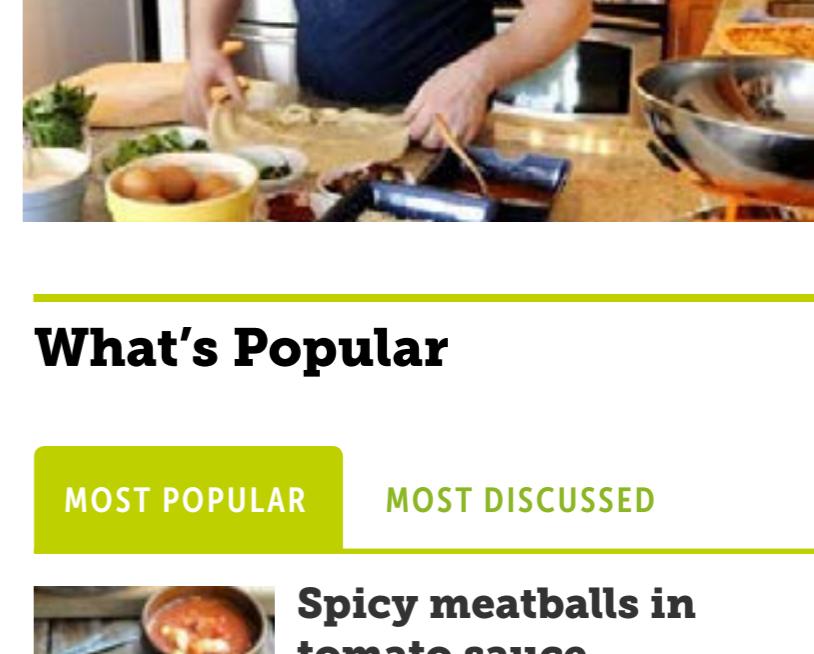
Prof David Haslam
Free school meals are a good thing. Your kids can enjoy good food.
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Brigitte Benalam
How to make a gluten-free chocolate cake
[More](#)

December Issue Out Now

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Good to eat now



Chicken stir fry
Evenim hitium as ut a paradoluptiurit, unt et atur, net son. Moluptatem idias ipitatur? Mendeliquos quam, tem et facientio. [Find out how to make it...](#)

Competitions



Win a cooking holiday worth £2,950
Evenim hitium as ut a paradoluptiurit, unt et atur, net son. Moluptatem idias ipitatur? Mendeliquos quam, tem et facientio. [Enter here...](#)

HFG TV

Phil Mundy makes boozy strawberries



Top tips from our experts

• The government recommends 10,000 steps a day for good health •

HFG expert Tracy Kelly, registered dietitian and clinical adviser at Diabetes UK



What's Popular

MOST POPULAR MOST DISCUSSED



Spicy meatballs in tomato sauce
★★★★★



Farmhouse soup with spinach dumplings
★★★★★



Portuguese-style chicken
★★★★★

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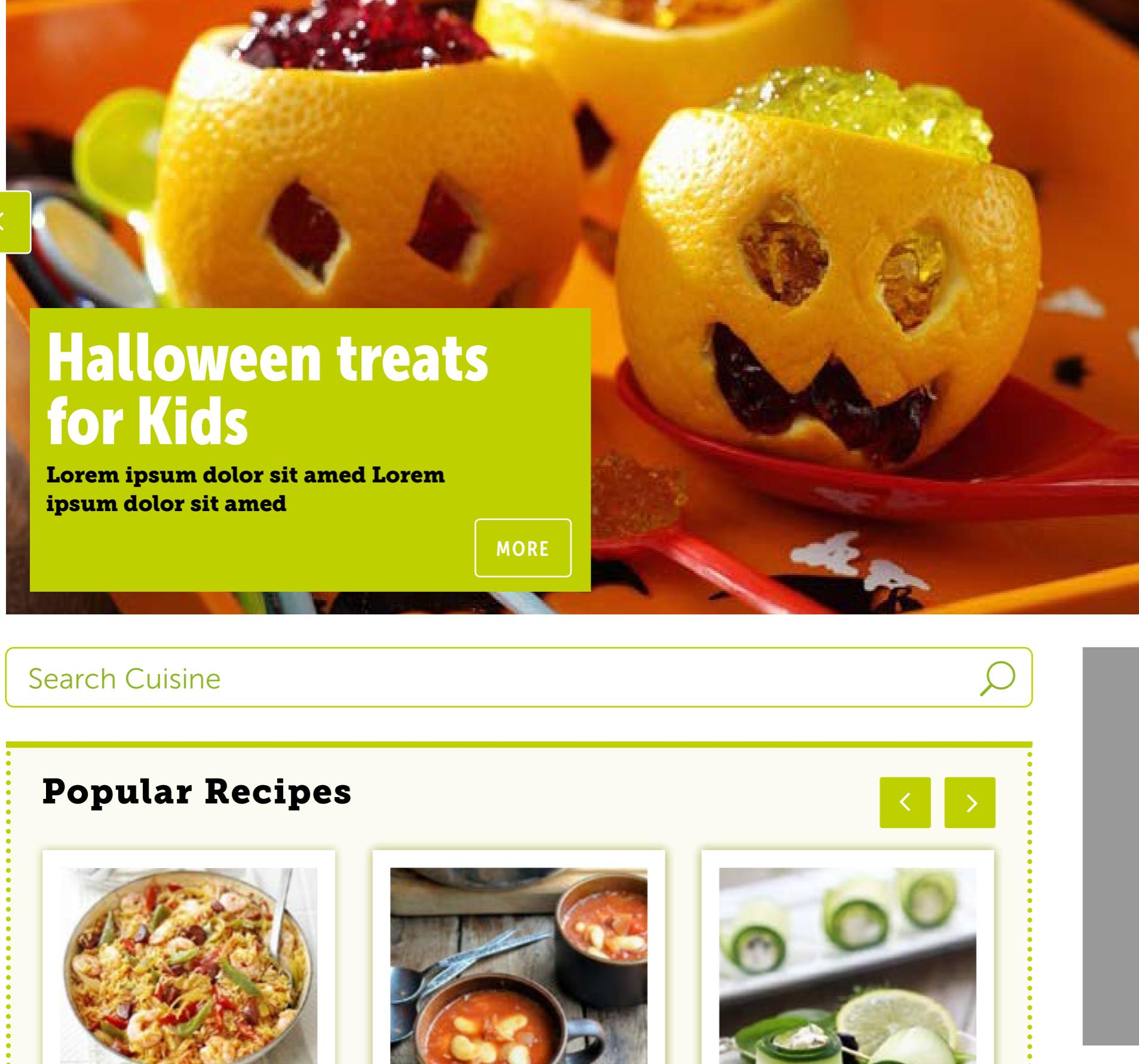


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Halloween treats for Kids

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ipsum dolor sit amet

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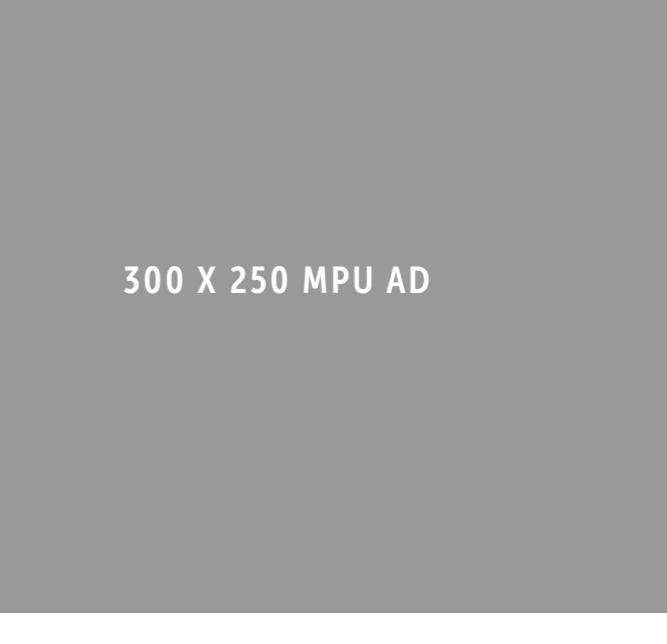
Chicken and plum sauce stir-fry

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Recipes Are Endorsed By Experts

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Popular Recipes



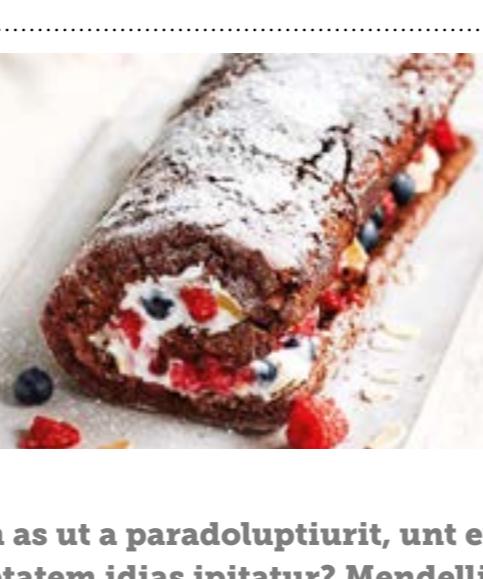
Chicken and plum sauce stir-fry

★★★★★ (54)



Chicken and mushroom rigatoni

★★★★★ (154)



Chicken burgers with chunky salsa

★★★★★ (222)



300 X 250 MPU AD

Diet Planners

OCTOBER 2014

SUN	MON	TUE	WED	THU	FRI	SAT
40		1	2	3	4	

Lorum Ipsum

Evenim hitium as ut a paradoluptiurit, unt et atur, net son. Moluptatem idias ipitatur? Mendelliquos quam, tem et facientio. > [Find out how to make it...](#)

Occasion



Lorum ipsum

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December Diet Planner available now.

Namet pro im autet velique!



What's In Season

Namet pro im autet velique. Evenim moluptatem idias ipitatur?



Our Recipes explained

Namet pro im autet velique. Evenim moluptatem idias ipitatur?



300 X 250 MPU AD OR MODULE

Popular Diet Planners



January 2015

★★★★★ (22)

Moluptatem idias ipitatur? Mendelliquos quam ...



December 2014

★★★★★ (22)

Moluptatem idias ipitatur? Mendelliquos quam ...



November 2014

★★★★★ (22)

Moluptatem idias ipitatur? Mendelliquos quam ...

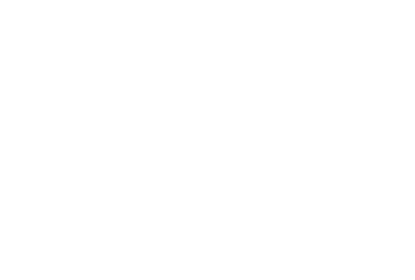


October 2014

★★★★★ (22)

Moluptatem idias ipitatur? Mendelliquos quam ...

What's In Season



Spicy meatballs in tomato sauce. Unt maxim quatiae vendae vel magnate pererum, officil il ipsam rem ipsam cum natem. Offic te dolessum. Get the recipe here



Our Recipes Explained



Lorum ipsum son ander aetat. Unt maxim quatiae vendae vel magnate pererum, ipsam cum natem. Offic te dolessum. Check out the calendar

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WHAT YOU'LL FIND IN EVERY ISSUE

PER SERVING

491kcal

10.2g sugar

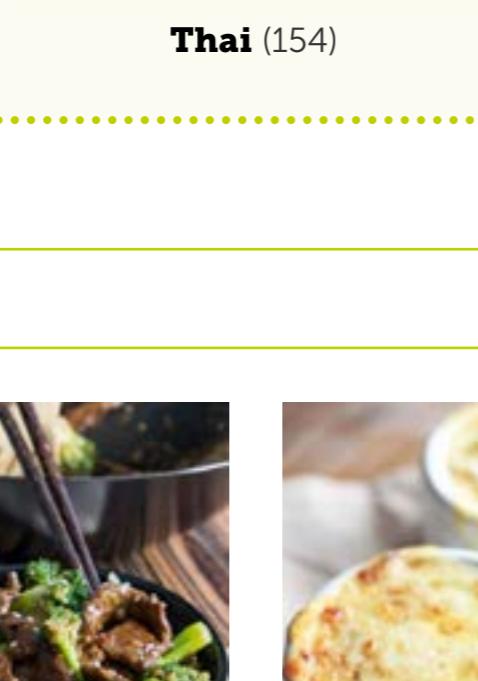
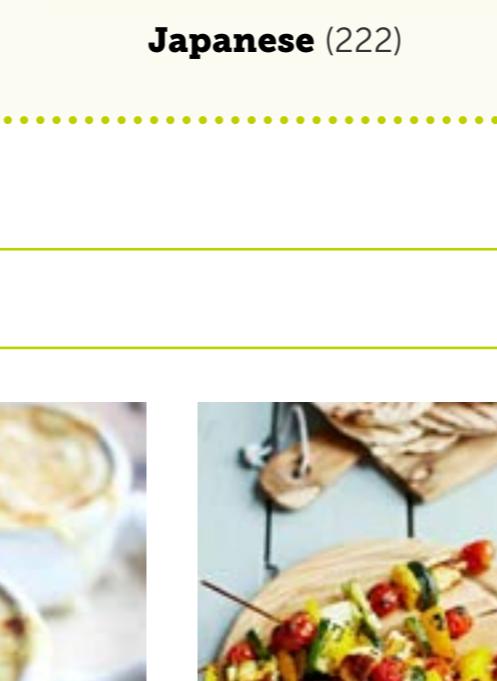
5.6g fat

0.8g salt

102g protein

Cuisine

Popular Cuisine

[Chinese \(54\)](#)[Thai \(154\)](#)[Japanese \(222\)](#)

300 X 250 MPU AD

[Search Cuisine](#)[British \(4\)](#)[Chinese \(54\)](#)[French \(24\)](#)[Greek \(54\)](#)

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[Indian \(572\)](#)[Italian \(87\)](#)[Japanese \(45\)](#)[Mexican \(7\)](#)

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[Moroccan \(4\)](#)[Spanish \(5\)](#)[Thai \(8\)](#)[Vietnamese \(8\)](#)[SHOW MORE \(VIEWING 15 OF 122\)](#)

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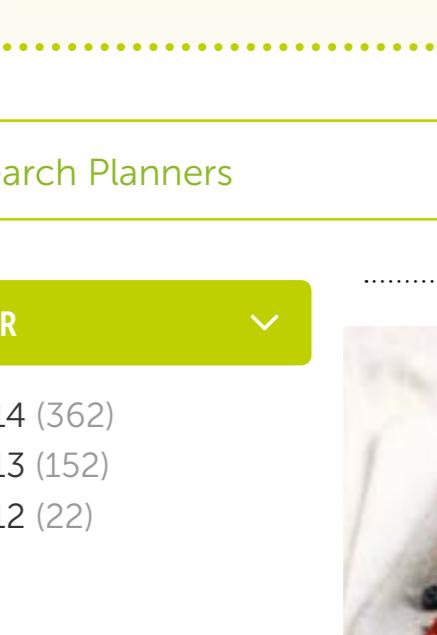


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Diet Planner

This Month's Planner



January 2014

Our menu plan is designed to help you lose around 1lb a week. It includes at least five portions of fruit and veg a day and two portions of fish each week, one of them oil rich.

★★★★★ (54)

300 X 250 MPU AD

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A-Z

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YEAR

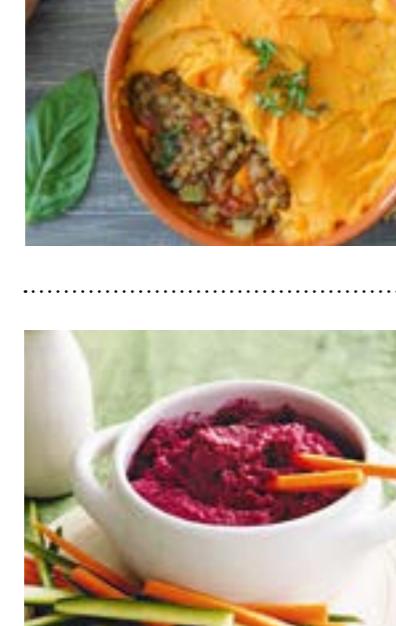
2014 (362)
2013 (152)
2012 (22)

DIET PLANNER

December 2014

Coconut milk and seed porridge, Sweet and sour pork with noodles

★★★★★ (54)

300 X 250 MPU AD
OR MODULE

DIET PLANNER

November 2014

Coconut milk and seed porridge, Sweet and sour pork with noodles

★★★★★ (54)

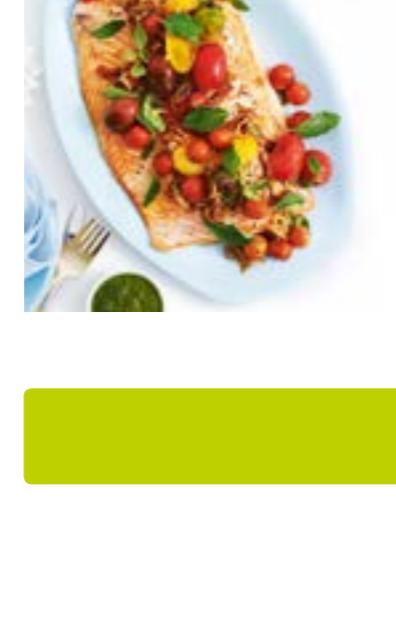
300 X 250 MPU AD
OR MODULE

DIET PLANNER

October 2014

Coconut milk and seed porridge, Sweet and sour pork with noodles

★★★★★ (54)



DIET PLANNER

September 2014

Coconut milk and seed porridge, Sweet and sour pork with noodles

★★★★★ (54)



DIET PLANNER

August 2014

In the run-up to my period I crave sugary foods and at the same time I feel low and miserable...

★★★★★ (54)



DIET PLANNER

July 2014

In the run-up to my period I crave sugary foods and at the same time I feel low and miserable...

★★★★★ (54)

★★★★★ (54)

DIET PLANNER

June 2014

In the run-up to my period I crave sugary foods and at the same time I feel low and miserable...

★★★★★ (54)

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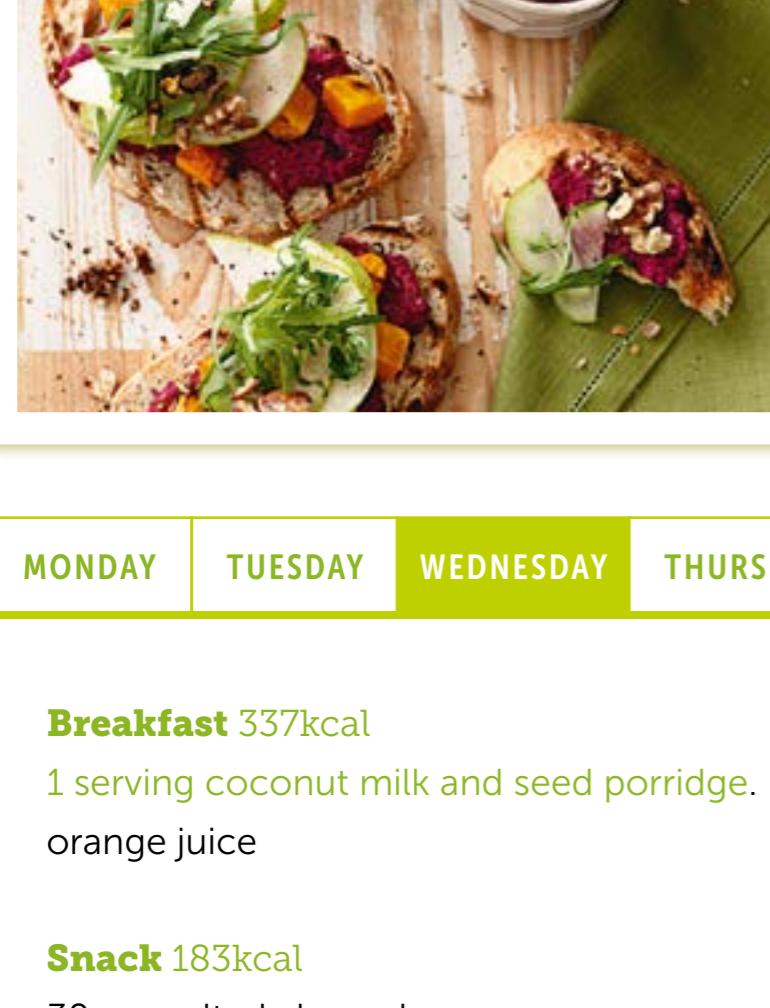
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December 2014 Diet Planner

★★★★★ (22 ratings) [2 comments](#)

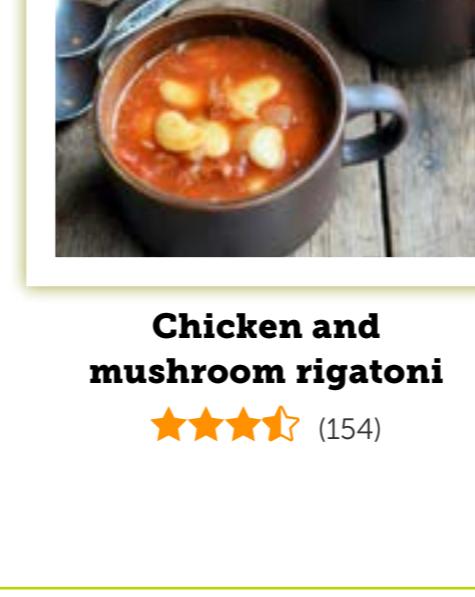
by HFG expert **Tracy Kelly**, registered dietitian and clinical adviser at Diabetes UK



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

total
1410kcal

Featured Recipes



Chicken and plum sauce stir-fry

★★★★★ (54)



Chicken and mushroom rigatoni

★★★★★ (154)

300 X 250 MPU AD

300 X 250 MPU AD
OR MODULE

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The Healthy Food Guide blog brings you expert views on the health stories hitting the headlines, nutritional nuggets from top dietitians and exercise updates from our fitness gurus.

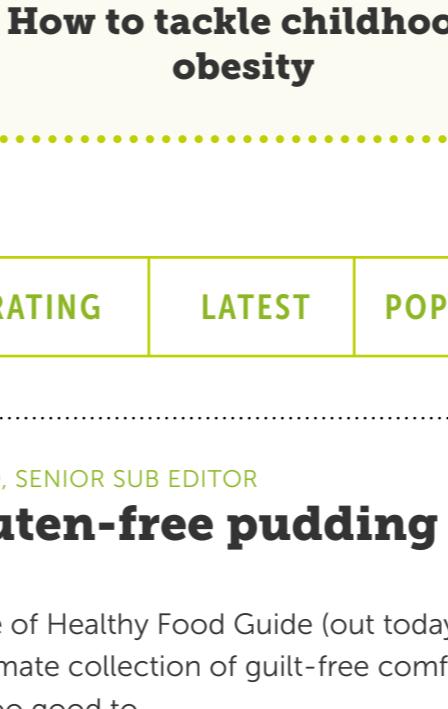
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**How to make gluten- and dairy-free banana...**

14 MAR 2014

**How to make pumpkin hummus**

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**How to tackle childhood obesity**

27 JAN 2014

A-Z RATING LATEST POPULAR

Filter Blog



BLOG



AUTHOR



YEAR

2014 (412)
2013 (159)
2012 (24)

BY REBECCA ALMOND, SENIOR SUB EDITOR

Low-fat gluten-free pudding recipes

In the October issue of Healthy Food Guide (out today!) we give you the ultimate collection of guilt-free comfort puddings. Sounds too good to...

2 comments

Cholesterol, IBS, Juliette Kellow

300 X 250 MPU AD OR MODULE



BY MELANIE LEYSHON, EDITOR

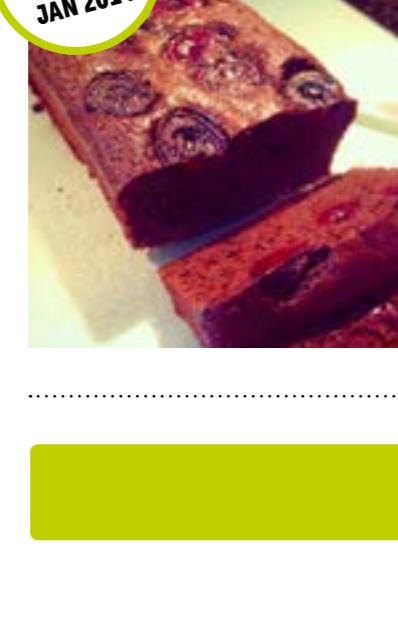
How to find your get up and go...

Confession: I've become desk-bound. It's no fault but my own, but I've turned into a right desk potato. not alone, as eight out of 10 office workers....

2 comments

Cholesterol, IBS, Juliette Kellow

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BY AMANDA URSELL, NUTRITIONIST

Why free school meals are a good thing

Pupils at Walnut Tree Walk Primary School in London sat down to lunch with Nick Clegg last December...

2 comments

Cholesterol, IBS, Juliette Kellow

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BY LIZ ATKINS, ASSISTANT EDITOR

How to tackle childhood obesity

On holiday in Italy this summer what struck me the most wasn't the over-sized handbags and undersized bikinis on the beach, but the size of the children...

2 comments

Cholesterol, IBS, Juliette Kellow

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BY HANNAH SHERWOOD, EDITORIAL ASSISTANT

Quick and easy shellfish suppers

Are you missing watching the waves rolling on to the beach as you sip a chilled white and look forward to the catch of the day?

2 comments

Cholesterol, IBS, Juliette Kellow

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14
JAN 2015

Surprising nutrients you could be missing

2 comments

By **Tracy Kelly** Registered dietitian and clinical adviser at Diabetes UK[PRINT](#) [SAVE](#)

Type 2 diabetes is at crisis level, but the one in three of us can still avoid developing the full-blown condition through simple diet changes.

Maintain a healthy body weight

Eating a balanced, healthy diet plays an important role in reducing your risk. Fight unwanted weight gain by controlling your portions and keeping fat and sugar intakes in check. Matching the amount of calories in the food you eat with the amount of energy you use through daily is to maintaining a healthy weight. Tip The most successful and sustainable way to lose weight,

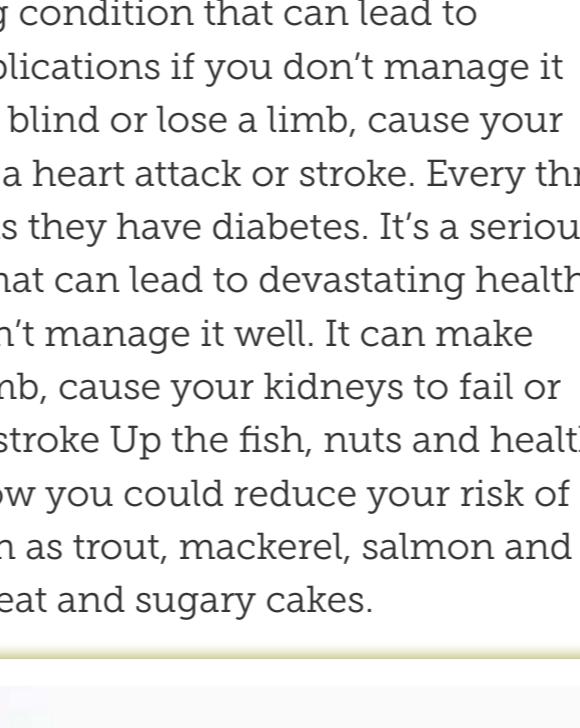
• Five million of us are predicted to develop diabetes by 2025 ♪

Eat as if you live in the med

Up the fish, nuts and healthy oils. Recent findings show you could reduce your risk of diabetes if you eat a diet high in vegetables, oil-rich fish (such as trout, mackerel, salmon and fresh tuna), wholegrains, nuts and olive oil, and low in red meat and sugary cakes. Up the fish, nuts and healthy oils. Recent findings show you could reduce your risk of diabetes if you eat.

Maintain a healthy body weight

Every three minutes, someone learns they have diabetes. It's a serious and lifelong condition that can lead to devastating health complications if you don't manage it well. It can make you go blind or lose a limb, cause your kidneys to fail or trigger a heart attack or stroke. Base meals around veg so they make up at least a third of your plate. Vary the colours to get all their different health benefits.



Eu varius id, posuere sed nisi. Donec hendrerit metus nec ante semper.

A HARSH REALITY

Every three minutes, someone learns they have diabetes. It's a serious and lifelong condition that can lead to devastating health complications if you don't manage it well. It can make you go blind or lose a limb.

The harsh reality

Every three minutes, someone learns they have diabetes. It's a serious and lifelong condition that can lead to devastating health complications if you don't manage it well. It can make you go blind or lose a limb, cause your kidneys to fail or trigger a heart attack or stroke. Up the fish, nuts and healthy oils. Recent findings show you could reduce your risk of diabetes if you eat a diet high in vegetables, oil-rich fish (such as trout, mackerel, salmon and fresh tuna), wholegrains, nuts and olive oil, and low in red meat and sugary cakes.



Eu varius id, posuere sed nisi. Donec hendrerit metus nec ante semper.

Love your veg

Base meals around veg so they make up at least a third of your plate. Vary the colours to get all their different health benefits. Tip Pop a new type of vegetable into your trolley each week to use in stir-fries and curries.

The harsh reality

Every three minutes, someone learns they have diabetes. It's a serious and lifelong condition that can lead to devastating health complications if you don't manage it well. It can make you go blind or lose a limb, cause your kidneys to fail or trigger a heart attack or stroke.

THE MAIN SYMPTOMS OF TYPE 2 DIABETES ARE:

- A frequent need to urinate
- Feeling very thirsty and drinking a lot / tiredness and needing to sleep a lot
- Losing weight without trying / blurred eyesight
- Thrush or itchy genitals
- Slow-healing cuts

Comments (0)

Signed in as Mel.leyshon. [Sign Out?](#)

Your Rating: ★★★★★

Your Comments:



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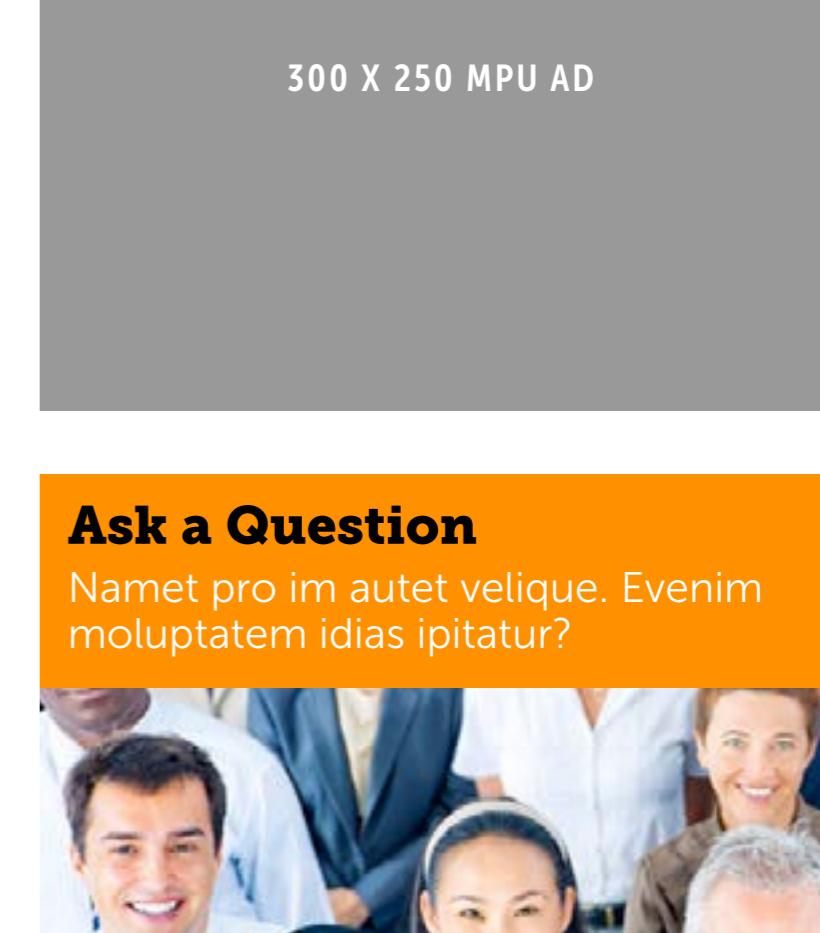


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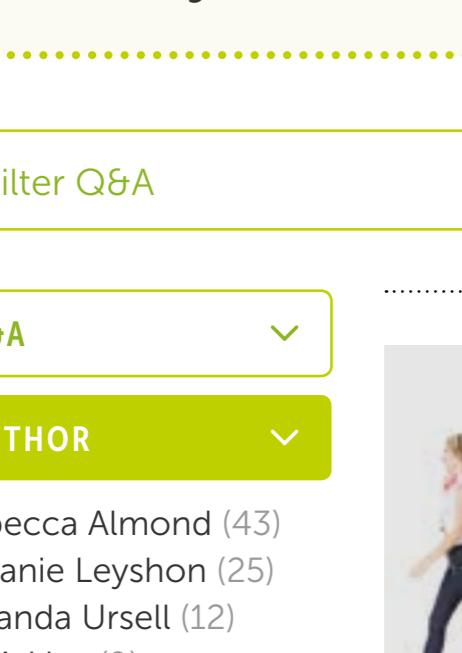
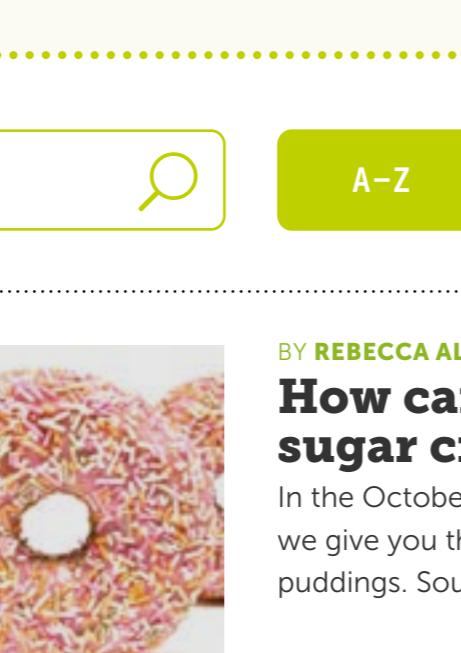
Q&A

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300 X 250 MPU AD

Popular Q&A

**How to make gluten- and dairy-free banana...****How to make pumpkin hummus****How to tackle childhood obesity**

Filter Q&A



A-Z

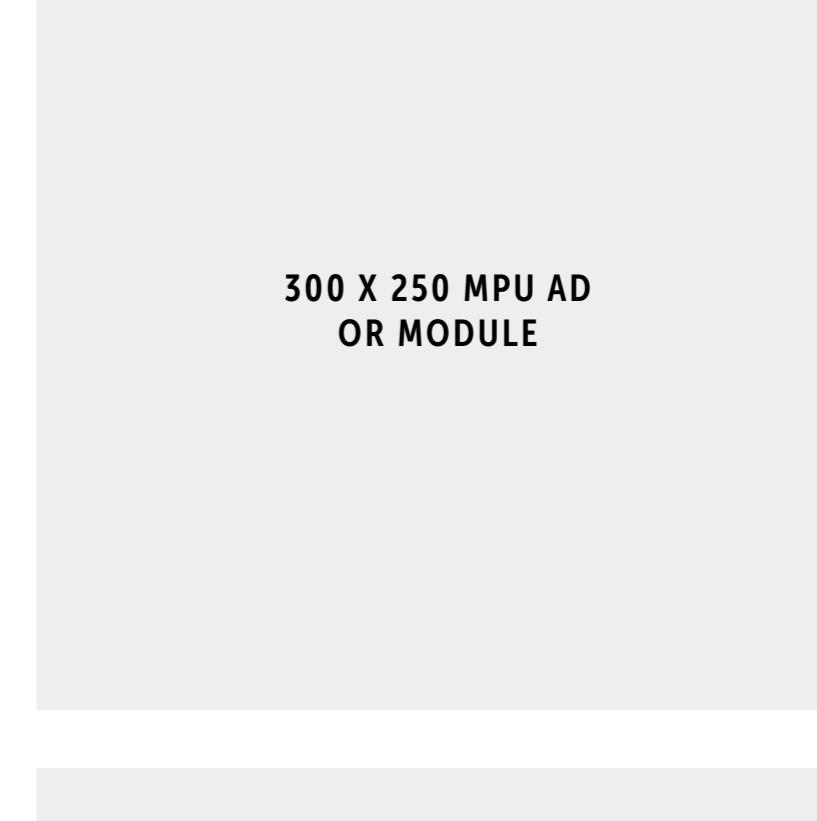
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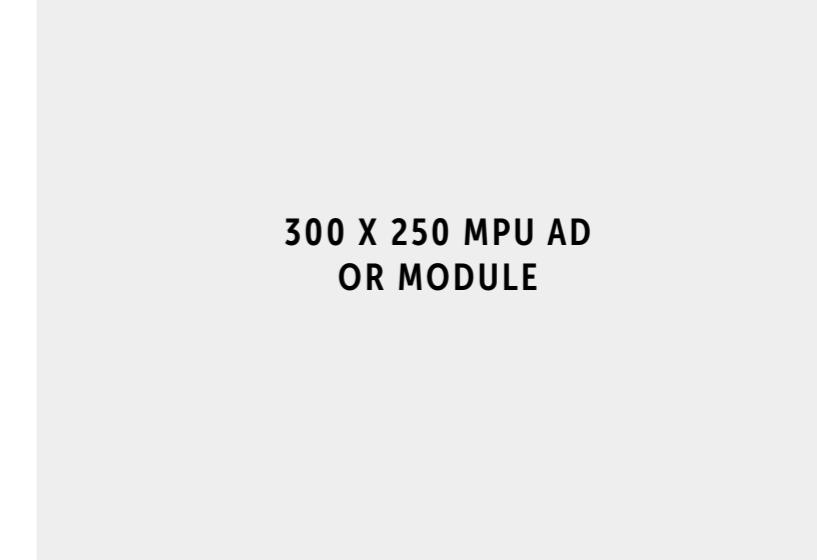
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Ask a Question

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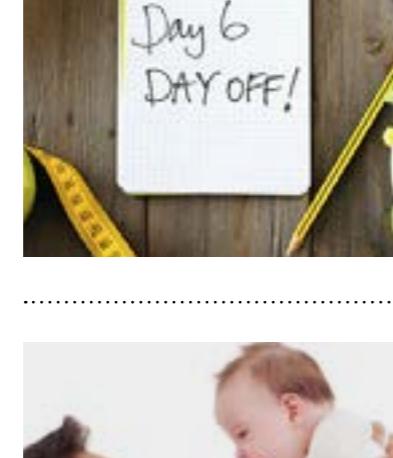
ASK A QUESTION



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Q&A

AUTHOR



BY REBECCA ALMOND, SENIOR SUB EDITOR

How can I walk away from my sugar cravings?

In the October issue of Healthy Food Guide (out today!) we give you the ultimate collection of guilt-free comfort puddings. Sounds too good to...

2 comments

Cholesterol, IBS, Juliette Kellow



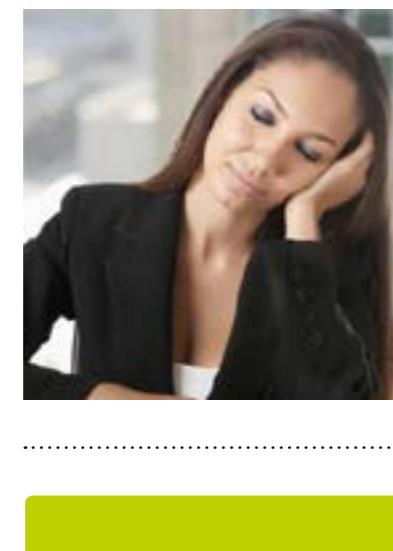
BY MELANIE LEYSHON, EDITOR

How can I sleep better?

Confession: I've become desk-bound. It's no fault but my own, but I've turned into a right desk potato. not alone, as eight out of 10 office workers....

2 comments

Cholesterol, IBS, Juliette Kellow



BY AMANDA URSELL, NUTRITIONIST

Is the fasting diet just a fad?

I would be interested to know your views on the 5:2 diet, as I know a lot of people who are...

2 comments

Cholesterol, IBS, Juliette Kellow



BY LIZ ATKINS, ASSISTANT EDITOR

How can I boost my fertility?

Often when I've finished eating my meal, I still want to eat more. What can I do?

2 comments

Cholesterol, IBS, Juliette Kellow



BY HANNAH SHERWOOD, EDITORIAL ASSISTANT

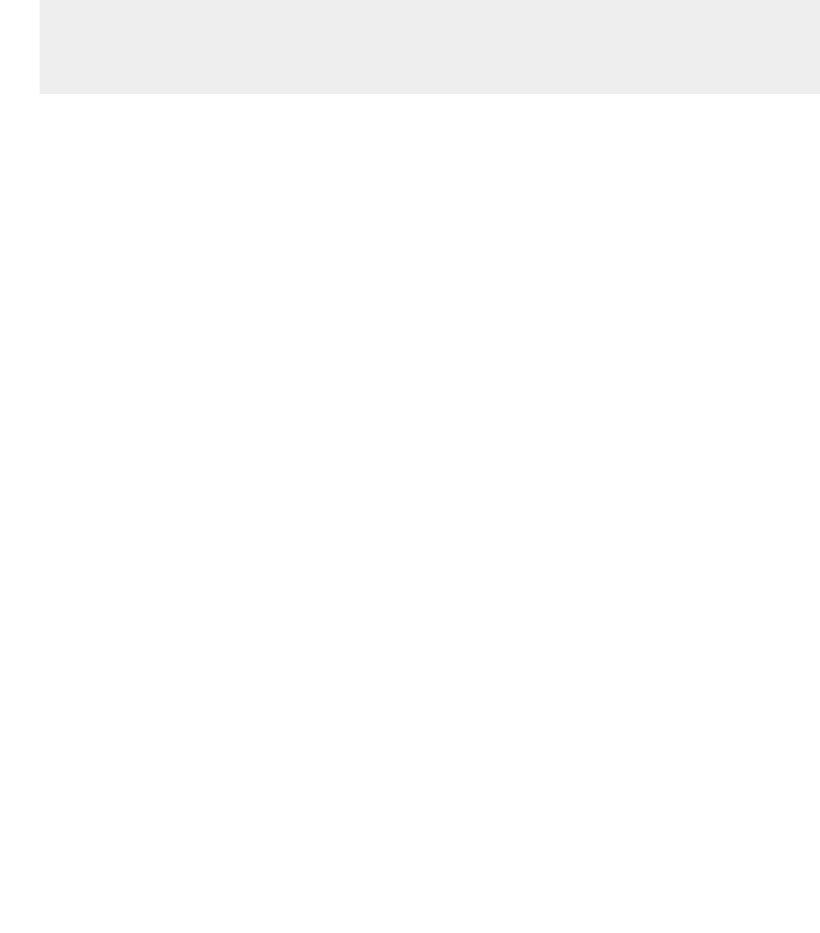
How can I stop my afternoon slump?

I often feel sleepy at around 3pm and find it hard to concentrate. I usually end up having coffee...

2 comments

Cholesterol, IBS, Juliette Kellow

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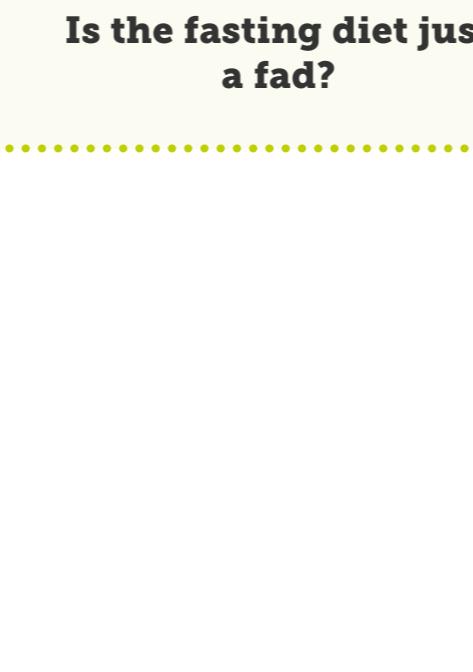
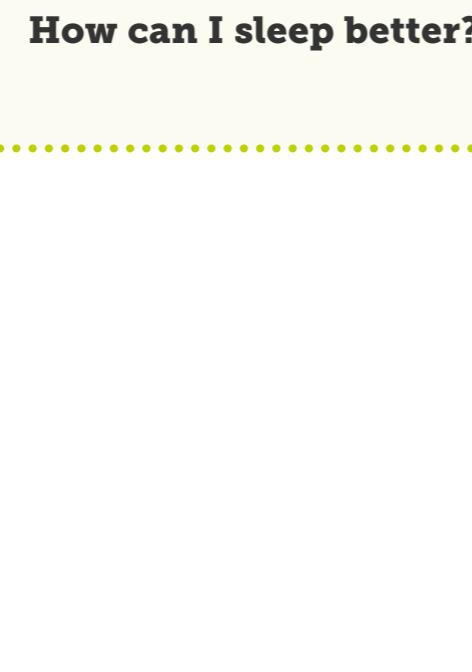
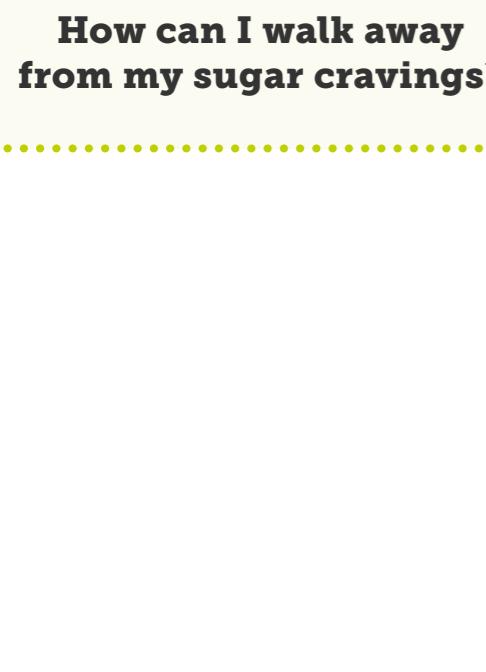
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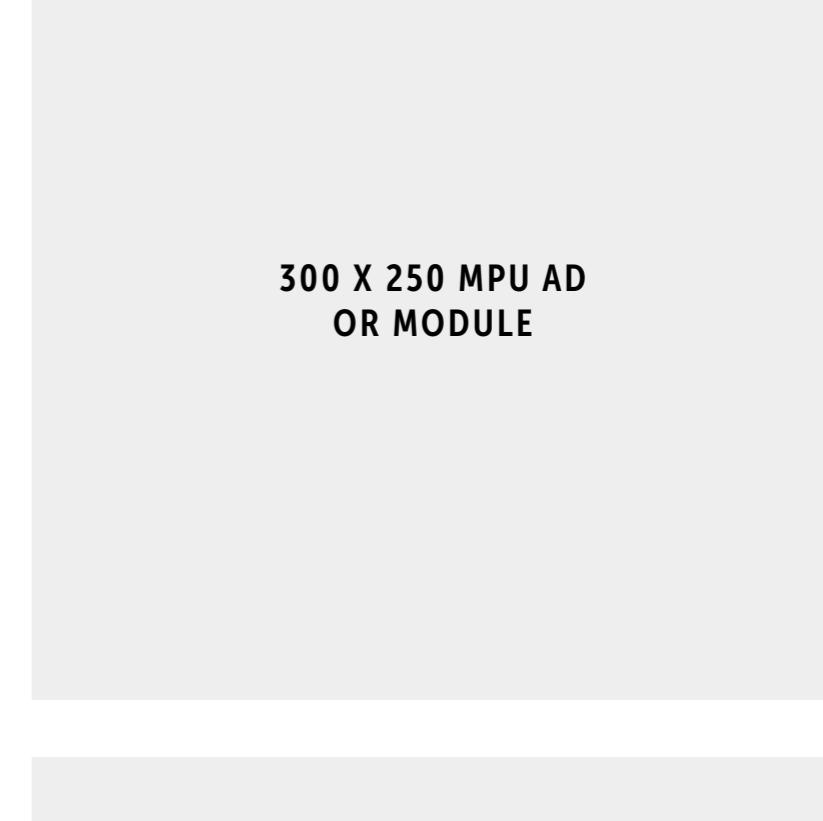
How can I sleep better?

Is the fasting diet just a fad?

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Ask Our Experts

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ASK A QUESTION

Signed in as Mel.leyshon. [Sign Out?](#)

Your Question:

Has your question already been answered?

How can I sleep better? I've had bouts of insomnia for six years, leaving me with no energy during the day. Could any particular foods, or changing my eating patterns, help? Many Thanks, Amanda Bond

How can I boost my fertility?

My husband and I have been trying for a baby for a year without success. Should we go and see our GP... [More](#).

Can I bake with low-fat spread?

If your baking recipes use low-fat spread instead of butter, but I can't find any low-fat spread to use... [More](#).

Is the fasting diet just a fad?

I would be interested to know your views on the 5:2 diet, as I know a lot of people who are in to it and getting really good results... [More](#).

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A Healthy Food Guide Expert will get back to you shortly. In the meantime please check our Q&A to see if an expert has already answered your question.

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Meet The Experts

Healthy Food Guide's expert panel is on hand every month

Juliette Kellows

HFG primary nutrition consultant. She's a registered dietitian who's worked in the NHS and the food industry. Passionate about food, she believes healthy eating can also be delicious.

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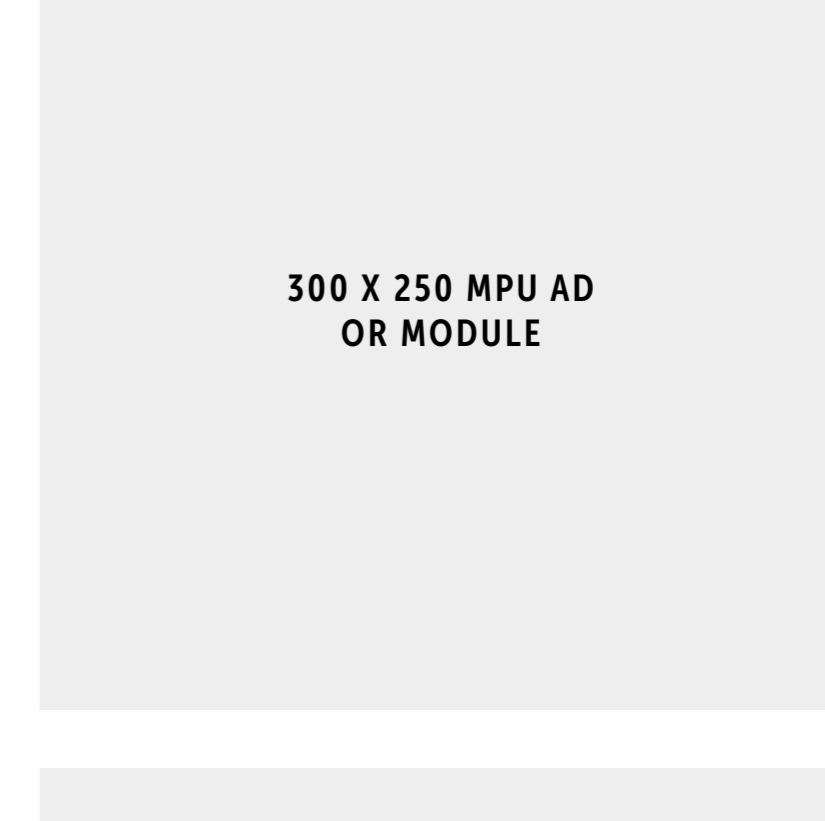
Dr Dawn Harper

works as a GP and runs regular clinics on women's health and weight management. She's one of the doctors who appear in Channel 4's Embarrassing Bodies.

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[ASK A QUESTION](#)

Prof David Haslam

is a GP and hospital physician in obesity management. As chair of the National Obesity Forum, he's dedicated to finding solutions to this problem.

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Phil Mundy

is our creative recipe consultant, as well as an experienced food writer, who firmly believes cutting back on calories shouldn't mean cutting back on flavour.

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Brigitte Benalam

is a senior nutrition scientist at the British Nutrition Foundation. She has worked for the Food Standards Agency.

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Tracy Kelly

is a registered dietitian and clinical adviser at Diabetes UK. She's committed to encouraging the prevention of type 2 diabetes through better lifestyle choices.

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David Stalker

has worked in the fitness sector across the UK and Europe for more than 20 years. As CEO of ukactive.com, his mission is to help improve the health of the nation.

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Helen Bond

is a registered dietitian and spokesperson for the British Dietetic Association. She has worked in the NHS, PR and the food and pharmaceutical industries.

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Norma McGough

is a registered dietitian, specialising in coeliac disease and the management of a gluten-free diet. She works at Coeliac UK, the leading charity for this disease.

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Chicken (540)

[RECIPES \(24\)](#)[ARTICLES \(54\)](#)

Filter Chicken



A-Z

RATING

LATEST

POPULAR

[OCCASION](#)[MAIN INGREDIENT](#)[DISHES](#)[NUTRITION/DIET](#)

Low cal (362)

Low fat (159)

Low sats (184)

Low sugar (257)

Low salt (231)

High fibre (56)

High protein (58)

High calcium (17)

High iron (43)

Vegetarian (32)

Gluten free (10)

Dairy free (49)

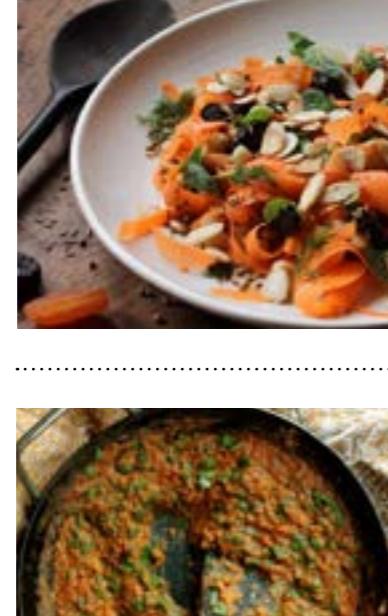
1 of 5-A-Day (242)

2 of 5-A-Day (121)

3 of 5-A-Day (32)

4 of 5-A-Day (22)

5 of 5-A-Day (21)

[TIME](#)[SERVES](#)[RATING](#)

Tuna with roasted tomatoes

★★★★★ (22)

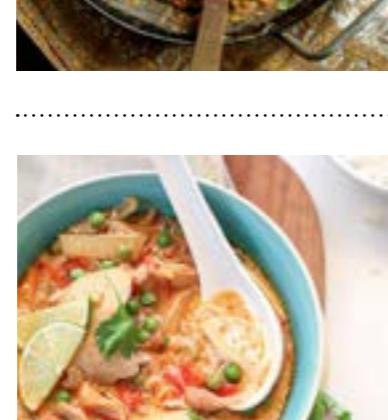
Serves 6 Prep 15 min

Cook 3 1/2 hr

LOW CAL

LOW FAT

LOW SUGAR



Spicy meatballs in tomato sauce

★★★★★ (22)

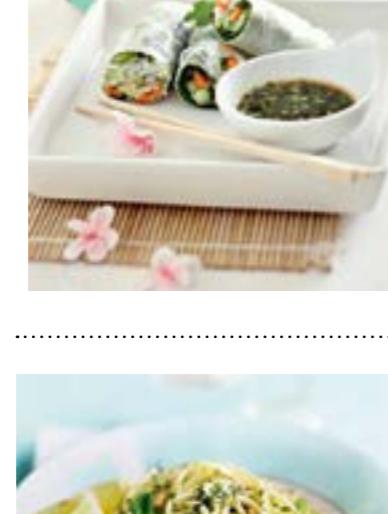
Serves 6 Prep 15 min

Cook 3 1/2 hr

LOW SALT

HIGH FIBRE

HIGH PROTEIN



Lamb with sage & sweet potato mash

★★★★★ (22)

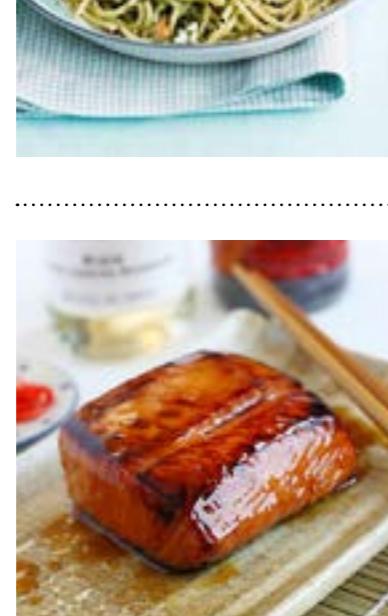
Serves 6 Prep 15 min

Cook 3 1/2 hr

LOW SALT

HIGH FIBRE

HIGH PROTEIN



Prawn and pepper stir-fry

★★★★★ (22)

Serves 6 Prep 15 min

Cook 3 1/2 hr

LOW CAL

LOW FAT

LOW SUGAR



Catch of the day open toastie

★★★★★ (22)

Serves 6 Prep 15 min

Cook 3 1/2 hr

LOW CAL

LOW FAT

LOW SUGAR



Salmon and vegetable fettuccine

★★★★★ (22)

Serves 6 Prep 15 min

Cook 3 1/2 hr

LOW SALT

HIGH FIBRE

HIGH PROTEIN



Peppered steaks with bread salad

★★★★★ (22)

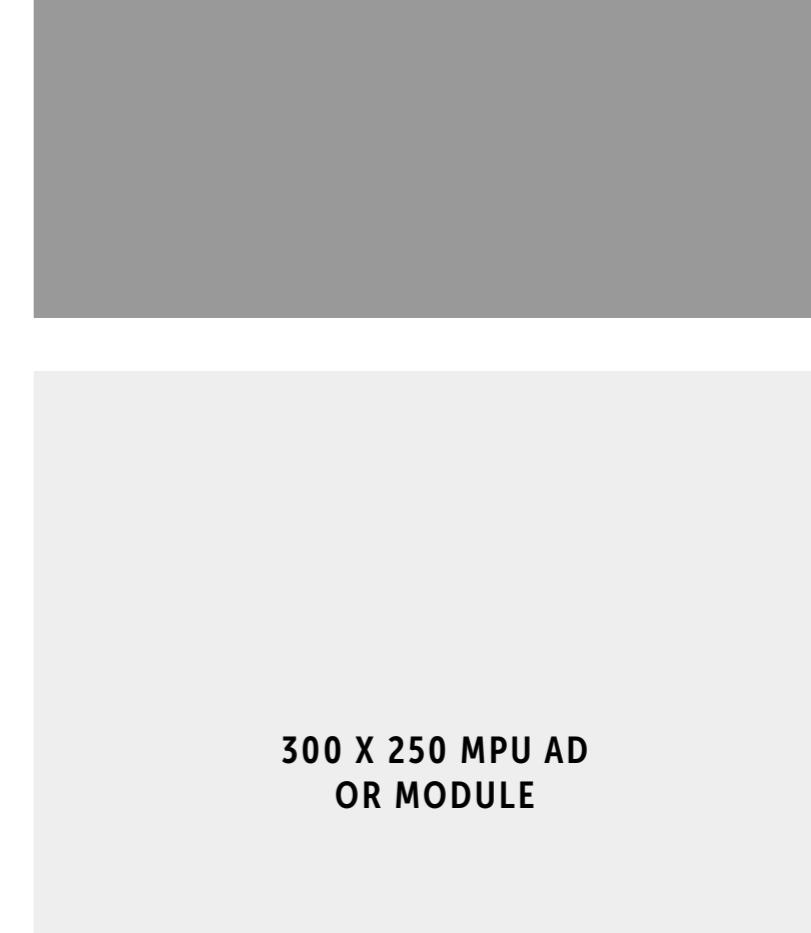
Serves 6 Prep 15 min

Cook 3 1/2 hr

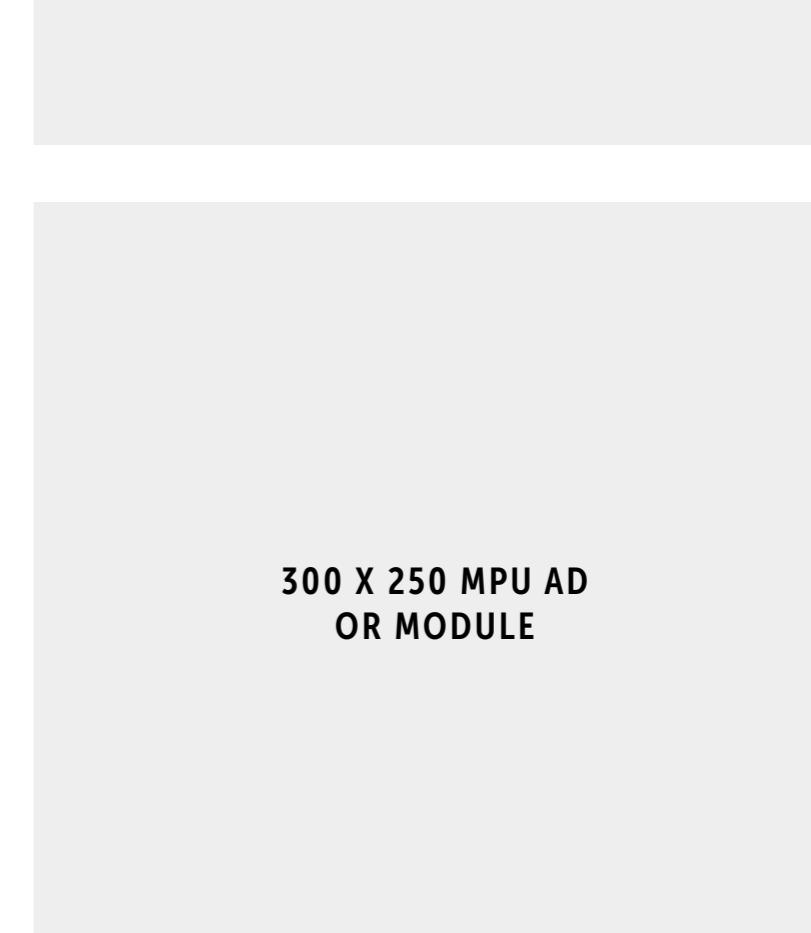
LOW CAL

LOW FAT

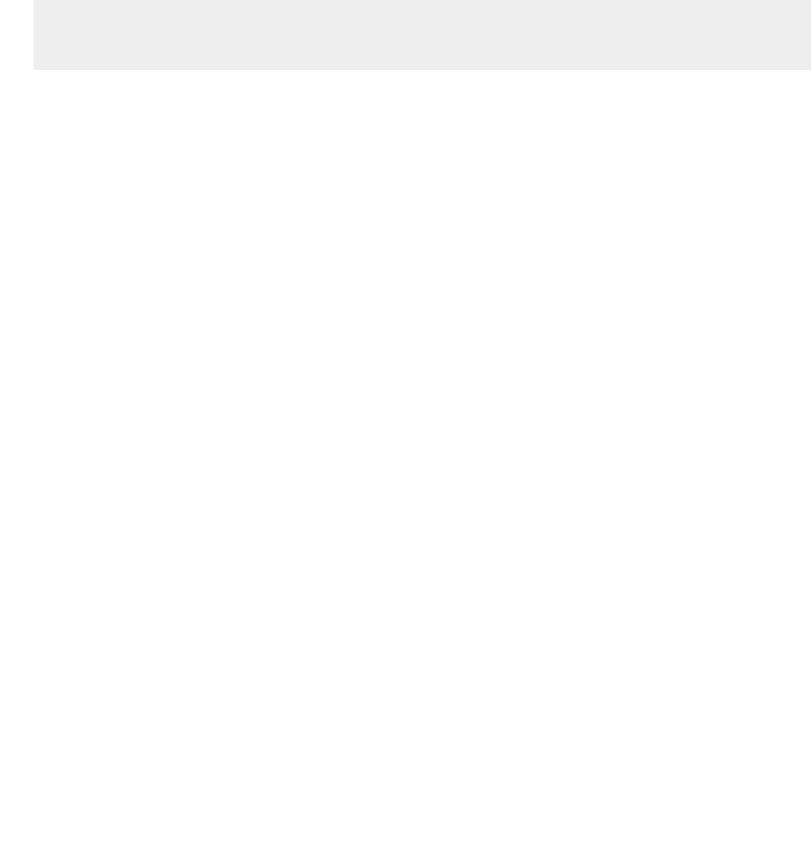
LOW SUGAR

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Belly Fat (54)

[RECIPES \(0\)](#)[ARTICLES \(54\)](#)

A-Z

RATING

LATEST

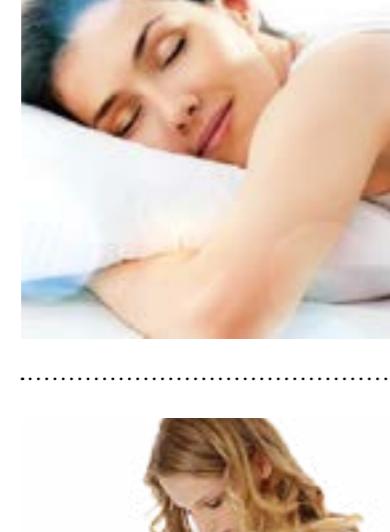
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FILTERS

- Recipes
- Nutrition
- Fitness

YOUR HEALTH



IMPROVE YOUR HEALTH

How can I stop my sugar cravings?

In the run-up to my period I crave sugary foods and at the same time I feel low and miserable...

2 comments

WEIGHT LOSS



WEIGHT LOSS

How can I sleep better?

I've had bouts of insomnia for six years, leaving me with no energy during the day. Could any...

2 comments

TRENDING

Recipes (362)
Weight loss (23)
Nutrition (53)
Health issues (175)
Fitness (34)

AUTHOR



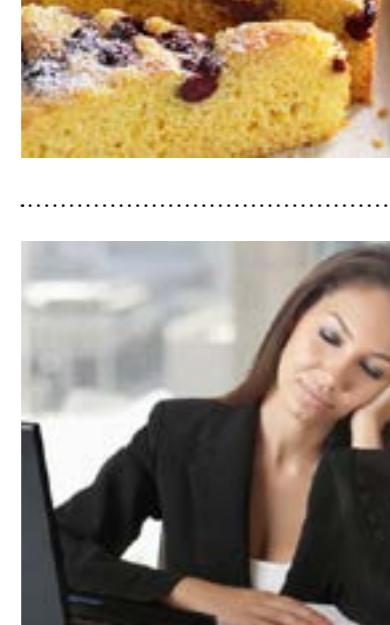
IMPROVE YOUR HEALTH

Is the fasting diet just a fad?

I would be interested to know your views on the 5:2 diet, as I know a lot of people who are...

2 comments

YEAR



WEIGHT LOSS

How can I boost my fertility?

My husband and I have been trying for a baby for a year without success. Should we see our GP...

2 comments



IMPROVE YOUR HEALTH

Help! I can't stop eating!

Often when I've finished eating my meal, I still want to eat more. What can I do?

2 comments



Q&A

Can I bake with low-fat spread?

Your baking recipes use low-fat spread instead of butter, but I can't find any low-fat...

2 comments



TRENDING

How can I stop my afternoon slump?

I often feel sleepy at around 3pm and find it hard to concentrate. I usually end up having coffee...

2 comments

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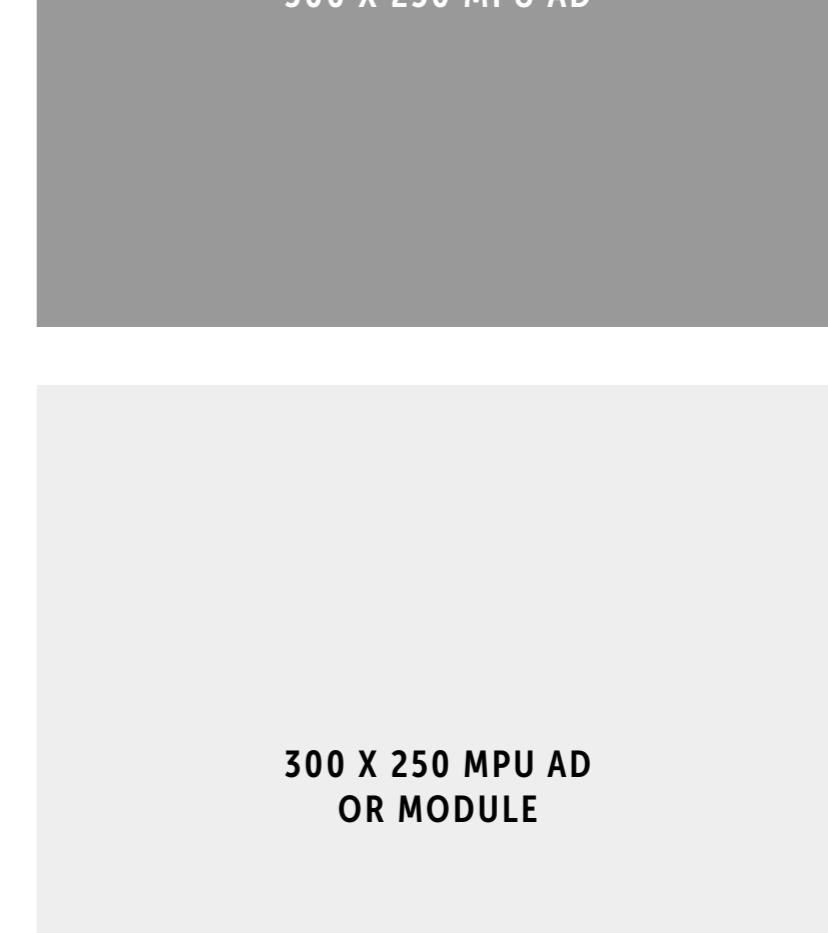
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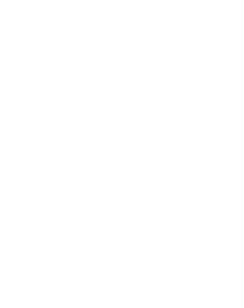
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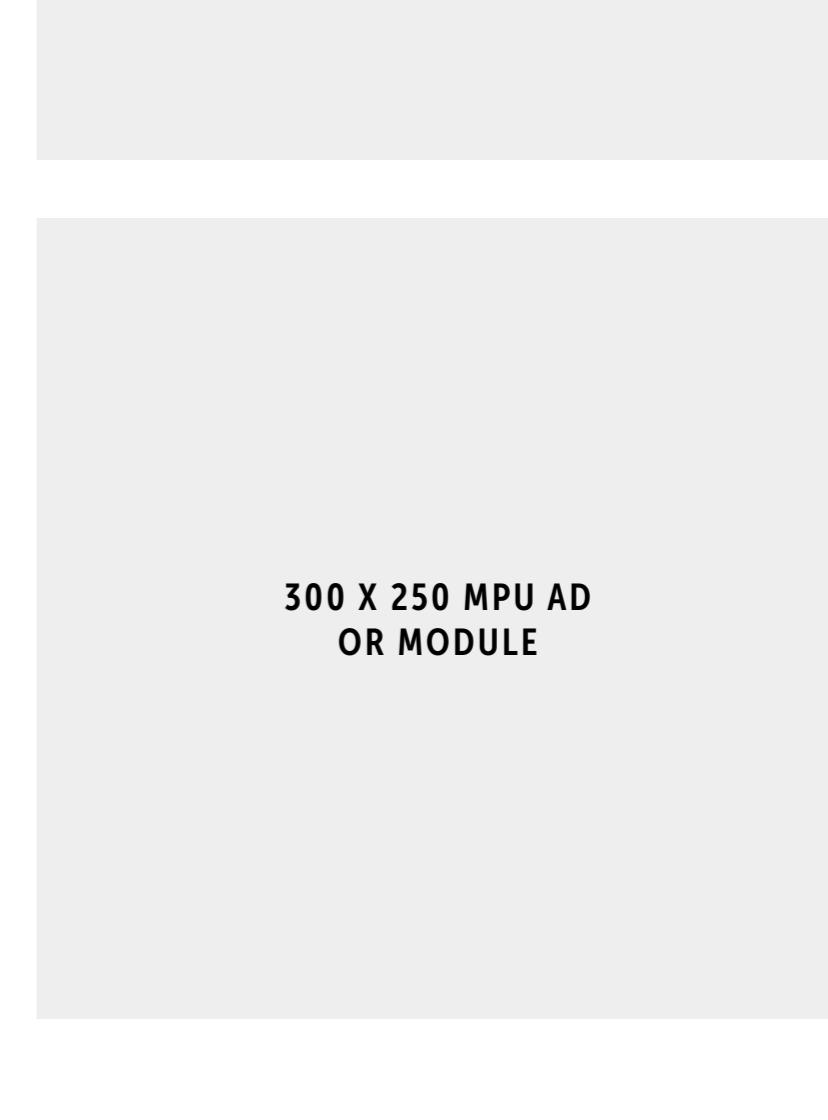
Juliette

Last Name: (required)

Kellow

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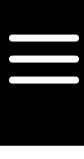
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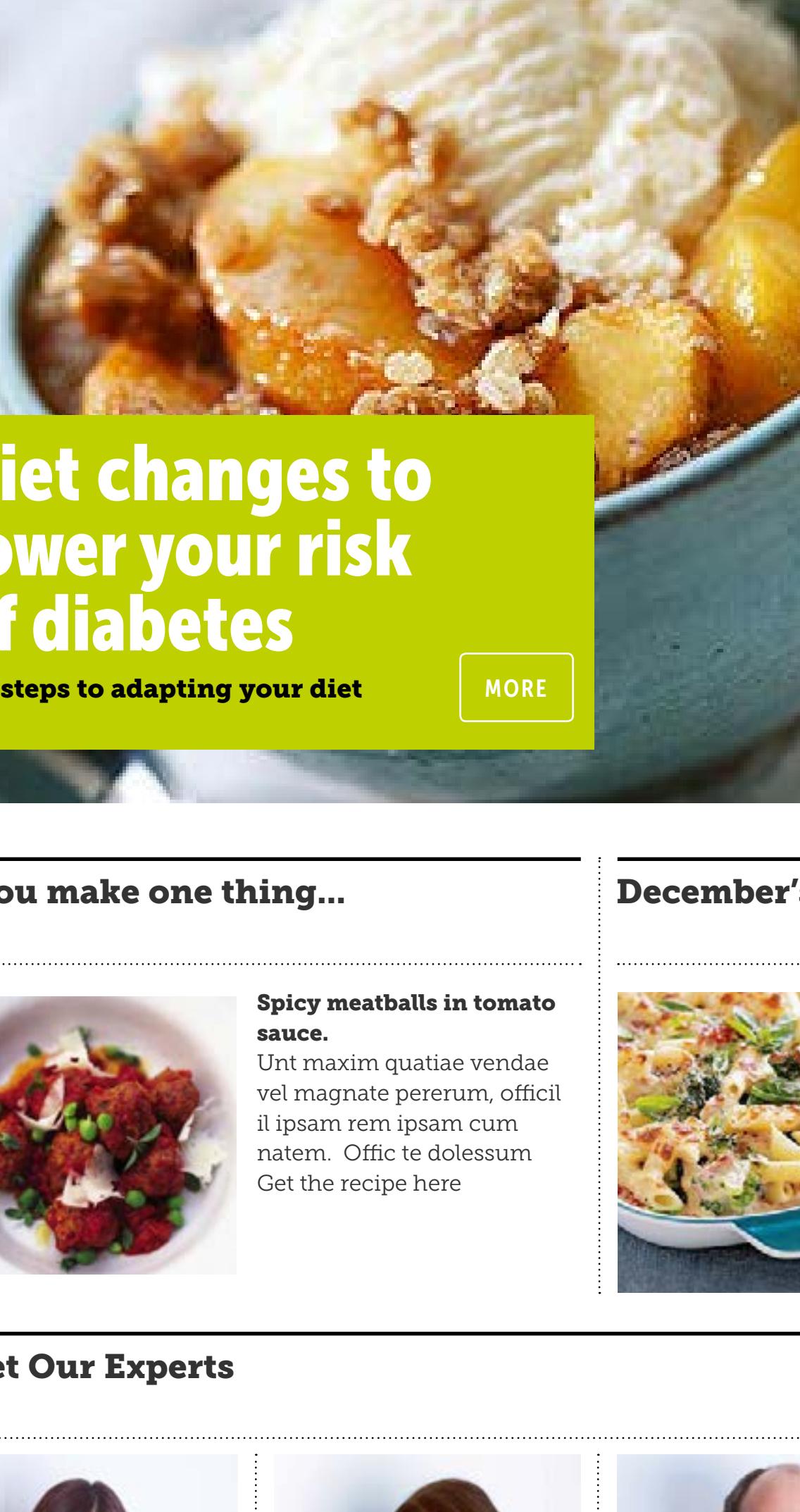
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- Low sugar
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- High fibre
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- High calcium
- High iron
- Vegetarian
- Gluten free
- Dairy free
- 1 of 5-A-Day
- 2 of 5-A-Day
- 3 of 5-A-Day
- 4 of 5-A-Day
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By **Tracy Kelly** Registered dietitian and clinical adviser at Diabetes UK



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Good to eat now



Chicken stir fry

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HFG expert **Tracy Kelly**, registered dietitian and clinical adviser at Diabetes UK

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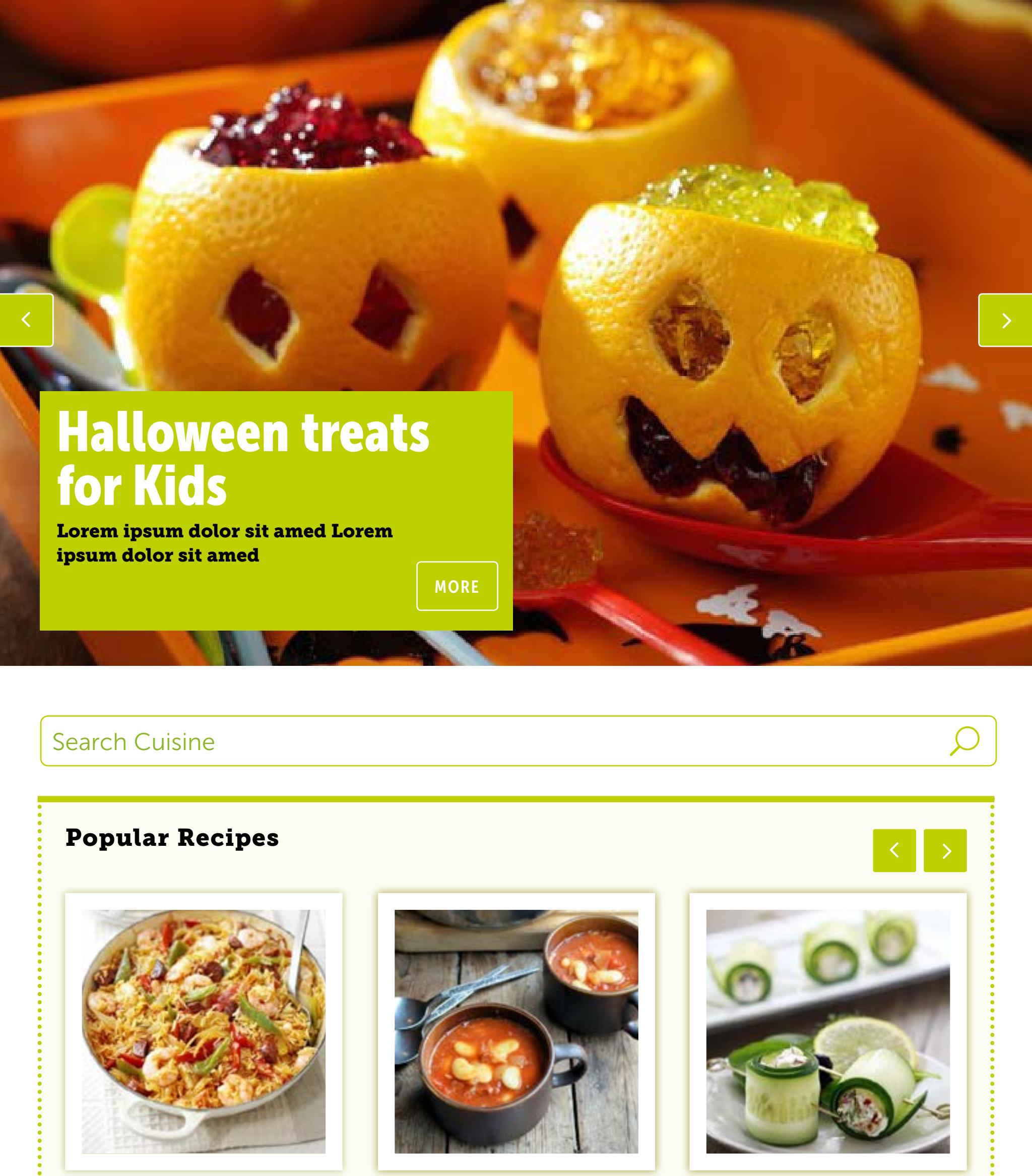
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Popular Recipes



Chicken and plum sauce stir-fry

★★★★★ (54)



Chicken and mushroom rigatoni

★★★★★ (154)



Chicken burgers with chunky salsa

★★★★★ (222)

Diet Planners

OCTOBER 2014

2014

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4			

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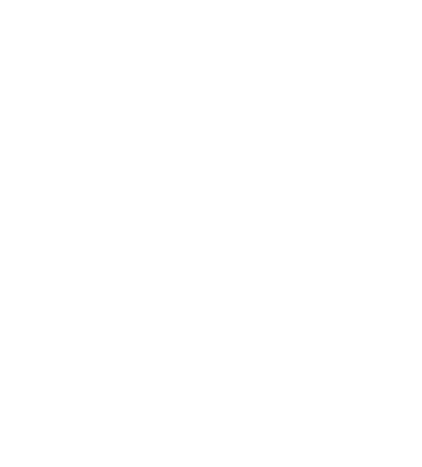
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Popular Diet Planners



January 2015

★★★★★ (22)

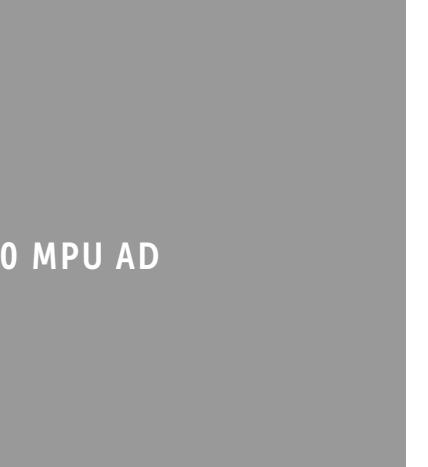
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December 2014

★★★★★ (22)

Moluptatem idias ipitatur? Mendelliquos quam ...



November 2014

★★★★★ (22)

Moluptatem idias ipitatur? Mendelliquos quam ...



October 2014

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What's in Season



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Our Recipes Explained



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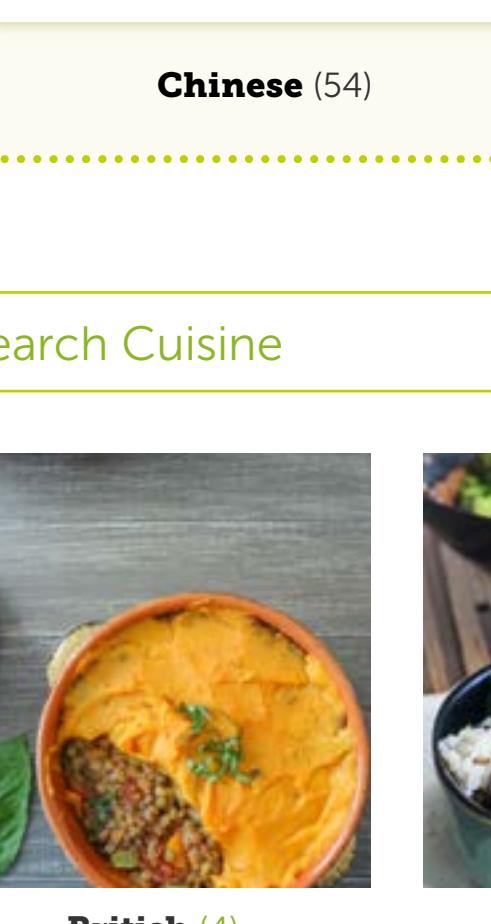
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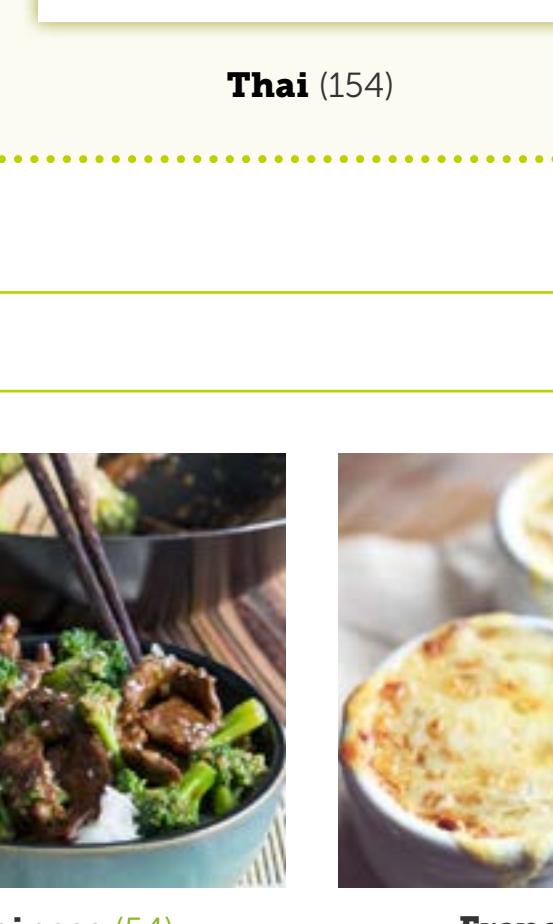
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Cuisine

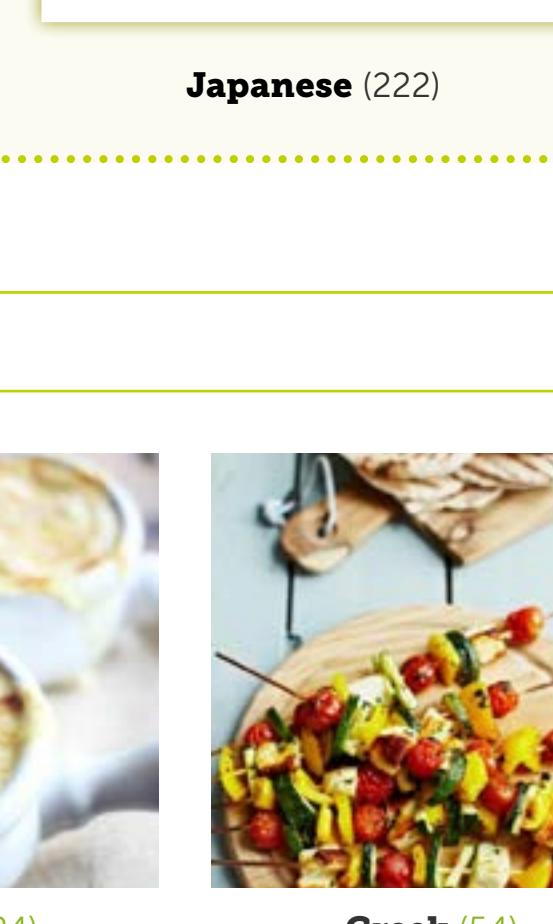
Popular Cuisine



Chinese (54)

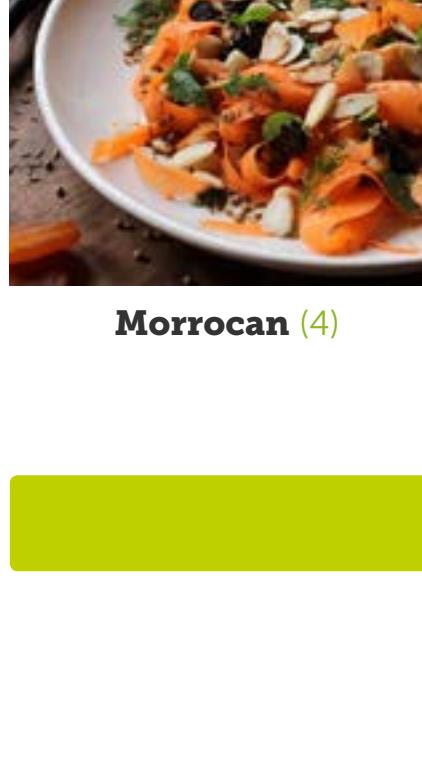


Thai (154)

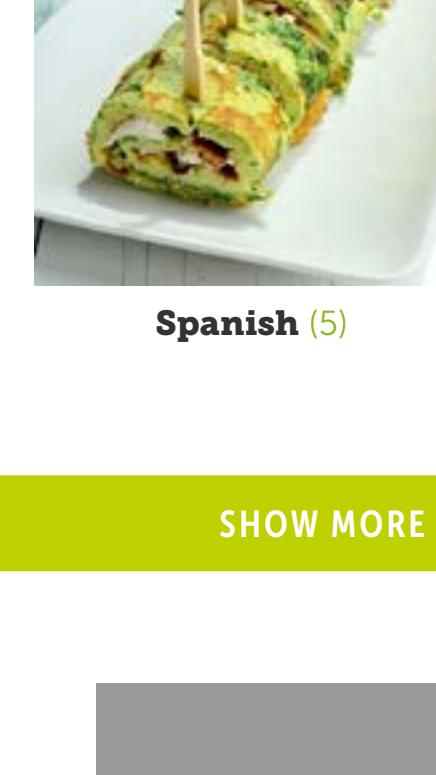


Japanese (222)

Search Cuisine



British (4)



Chinese (54)



French (24)



Greek (54)



Indian (572)



Italian (87)



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Mexican (7)



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Thai (8)



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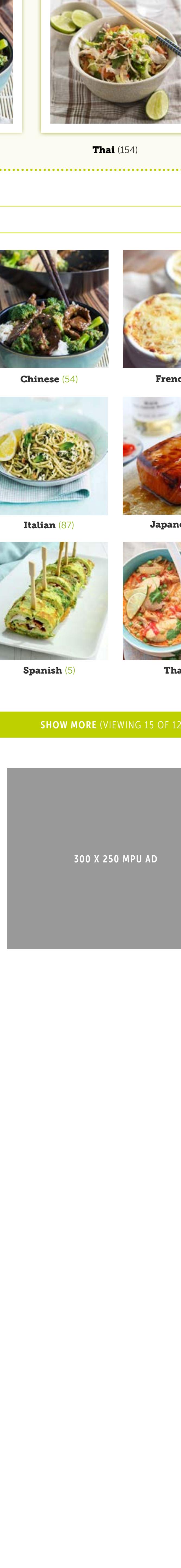
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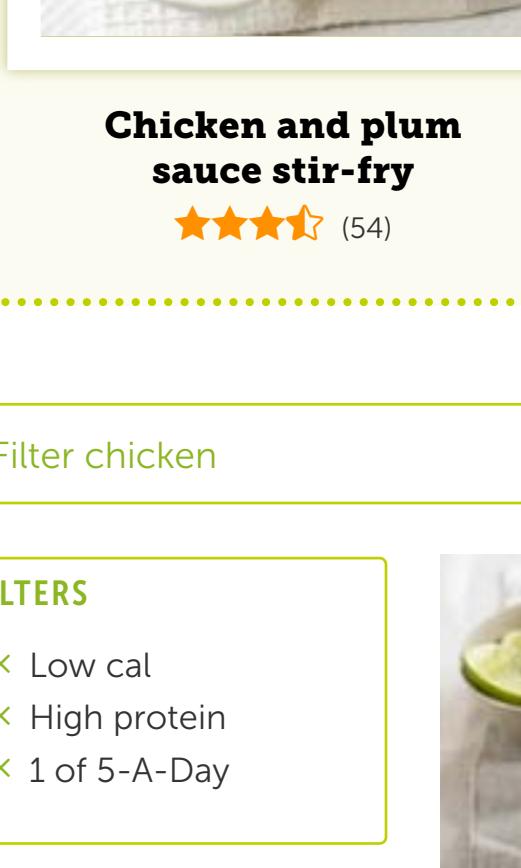


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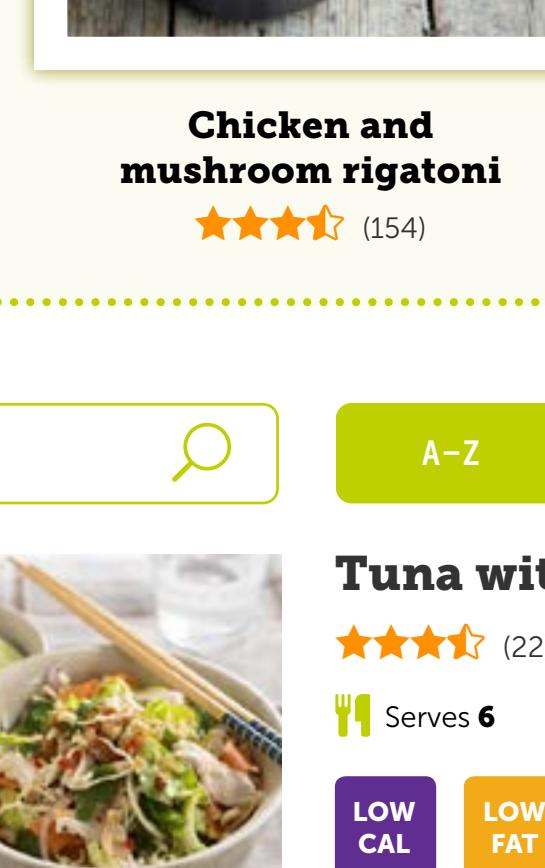
Chicken

Popular Chicken



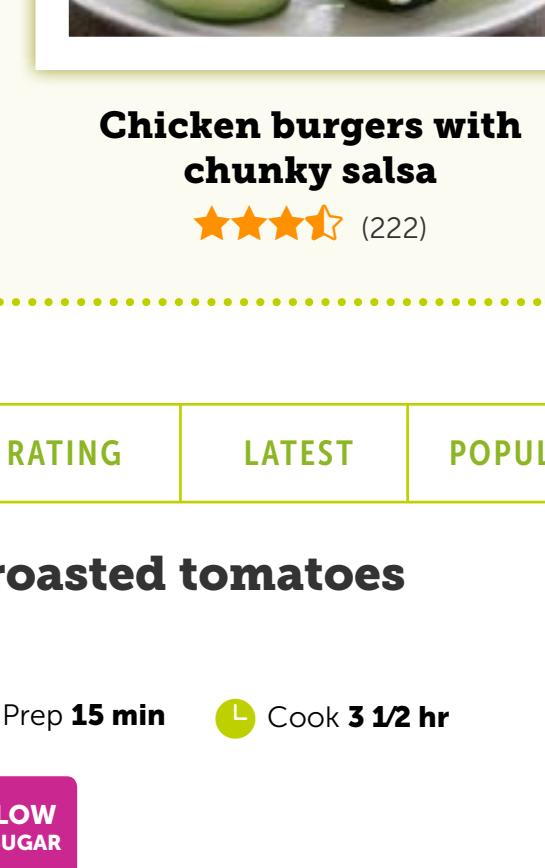
Chicken and plum sauce stir-fry

(54)



Chicken and mushroom rigatoni

(154)



Chicken burgers with chunky salsa

(222)

Filter chicken



A-Z

RATING

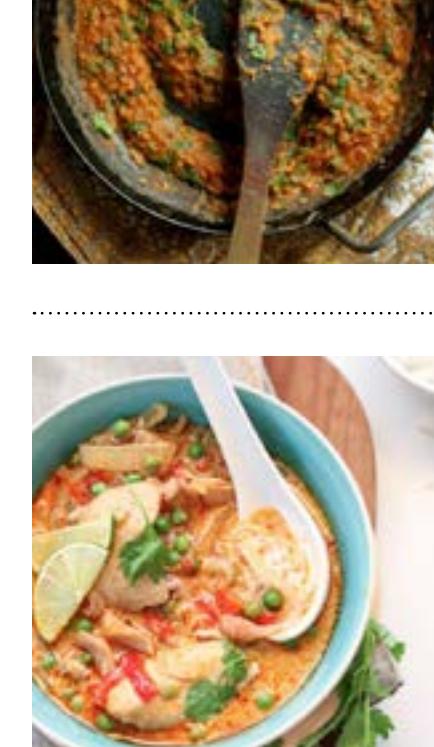
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- Low cal
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- 1 of 5-A-Day

OCCASION



Tuna with roasted tomatoes

(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr

INGREDIENTS



Spicy meatballs in tomato sauce

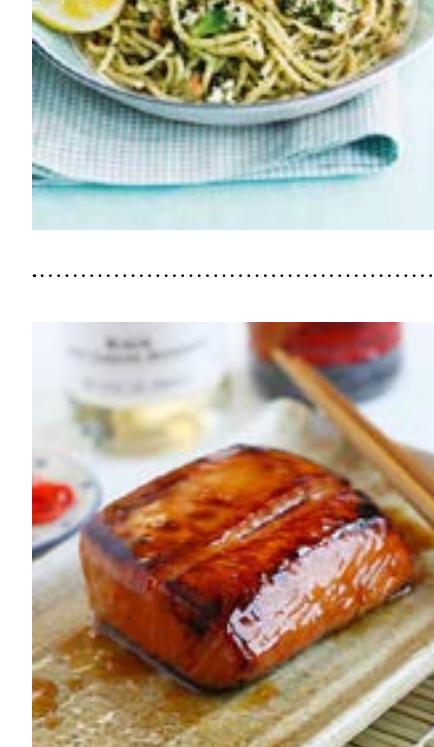
(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr

DISHES



Lamb with sage & sweet potato mash

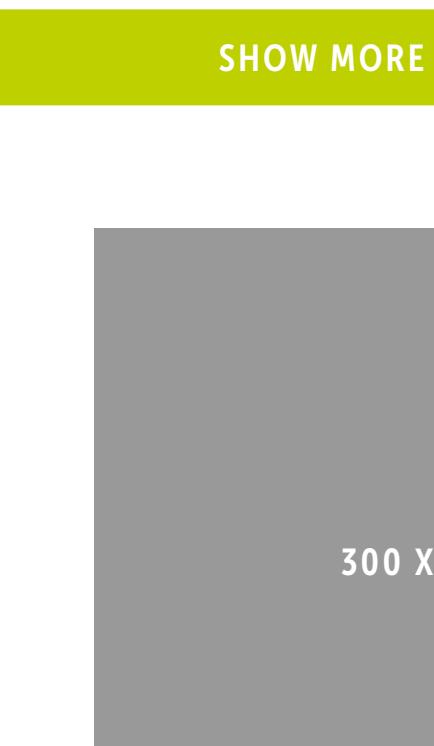
(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr

NUTRITION/DIET



Prawn and pepper stir-fry

(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr

TIME



Catch of the day open toastie

(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr

SERVES

RATING



Salmon and vegetable fettuccine

(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr



Peppered steaks with bread salad

(22)

Serves 6

Prep 15 min

Cook 3 1/2 hr

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Recipe, ingredient, dish, topic



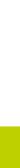
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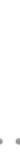
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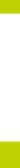


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Low cal



Low fat



Low sats



Low sugar



Low salt

High fibre

High protein

High calcium

High iron

Vegetarian

Gluten free

Dairy free

1 of 5-A-Day

2 of 5-A-Day

3 of 5-A-Day

4 of 5-A-Day

5 of 5-A-Day

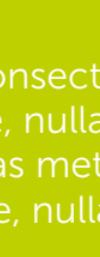
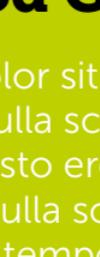
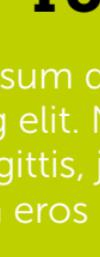


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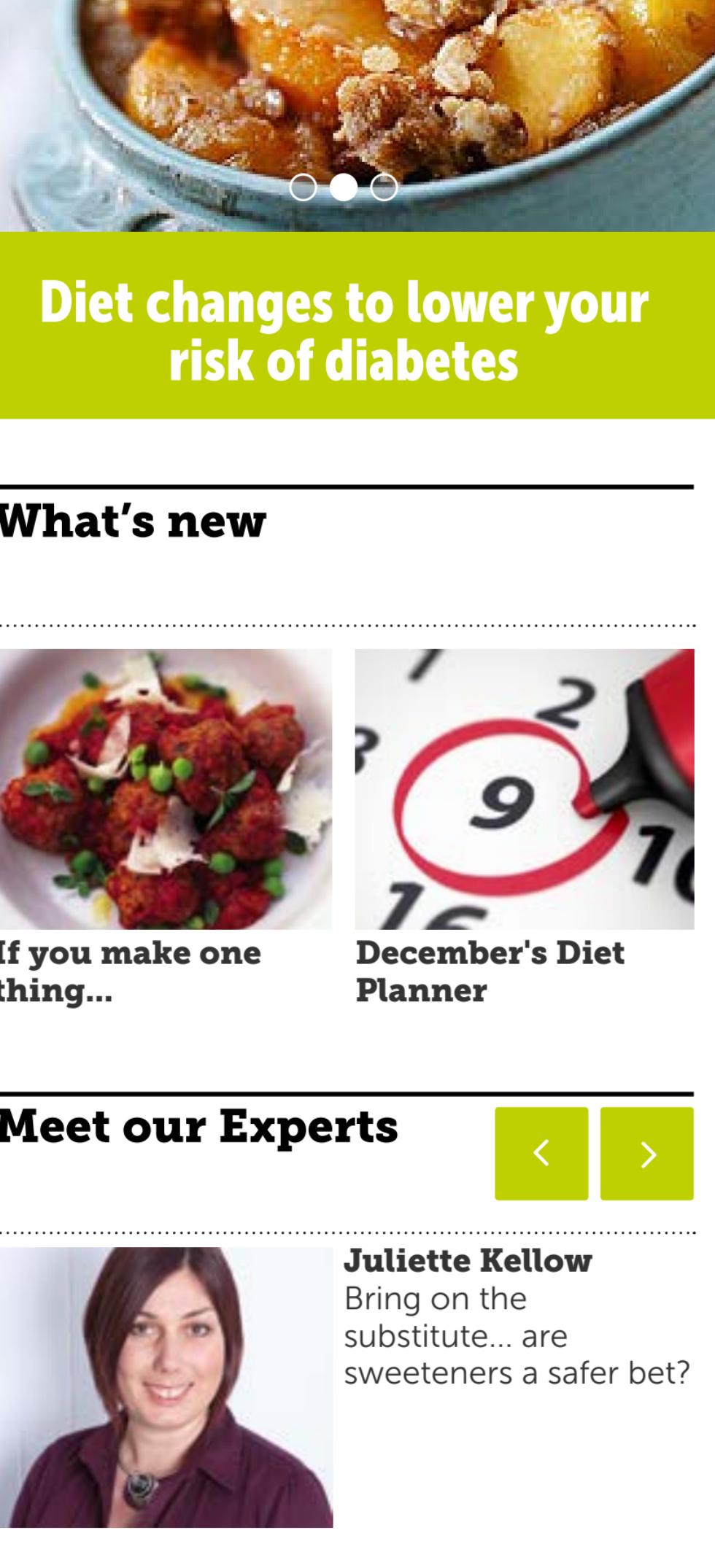
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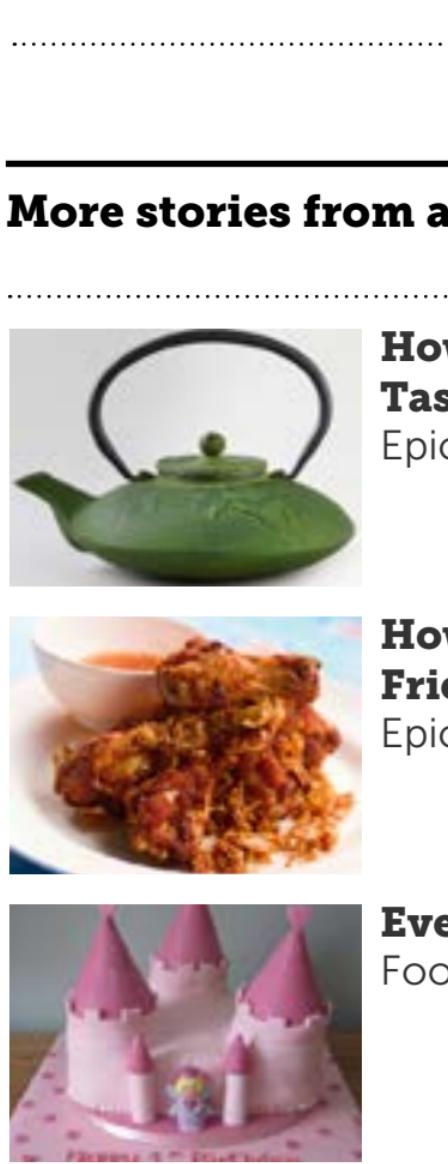
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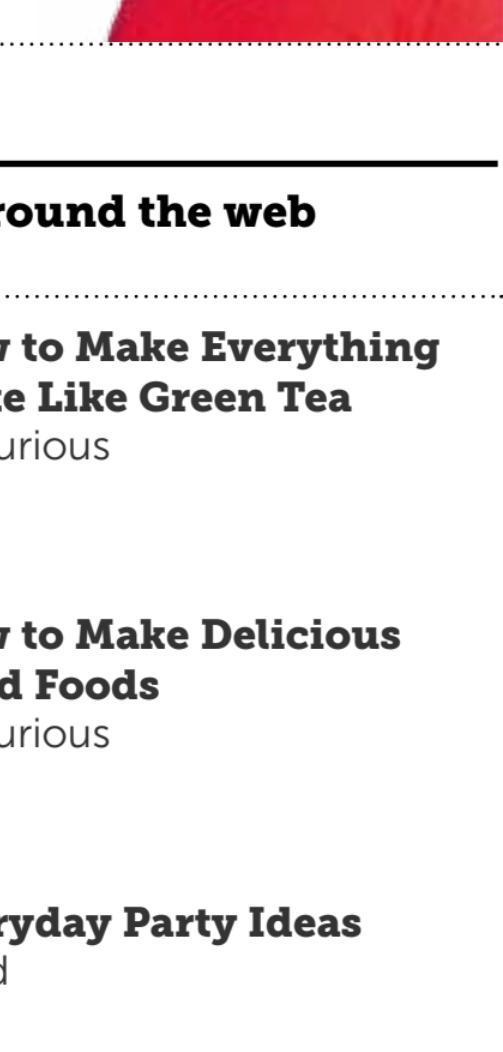


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Chicken stir fry
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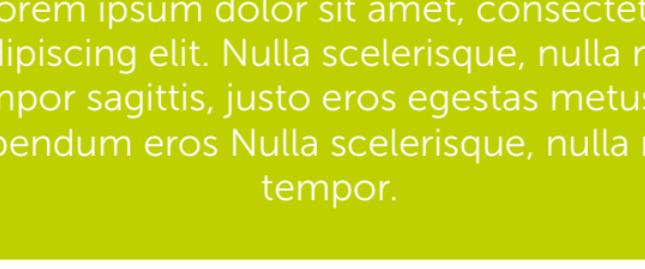
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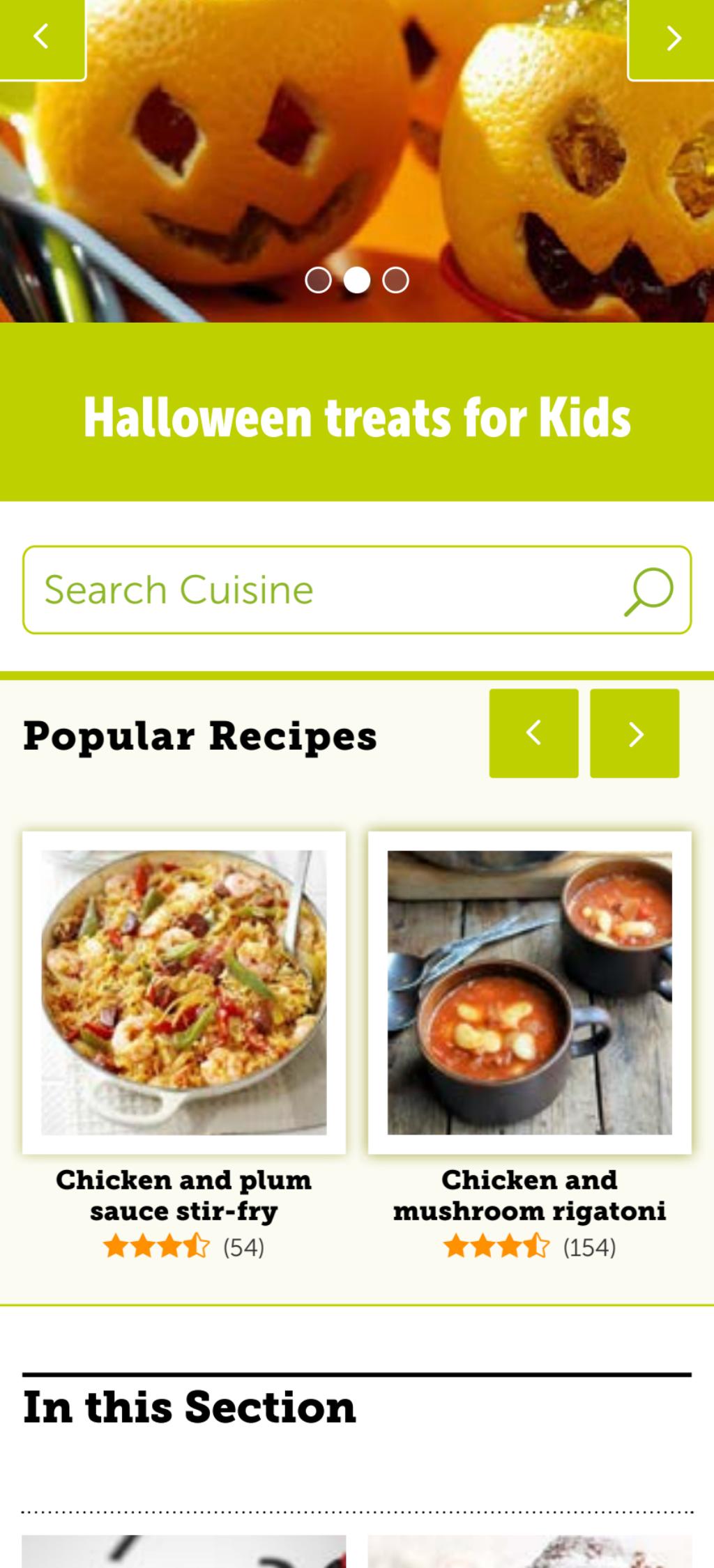
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Halloween treats for Kids

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Popular Recipes



Chicken and plum sauce stir-fry

★★★★★ (54)



Chicken and mushroom rigatoni

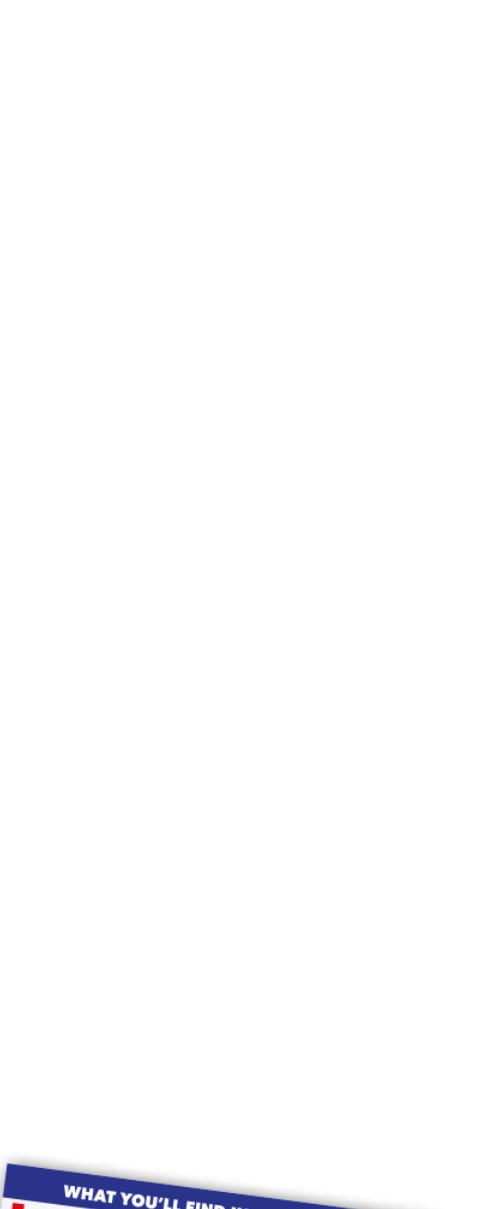
★★★★★ (154)

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Diet Planners

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Occasion

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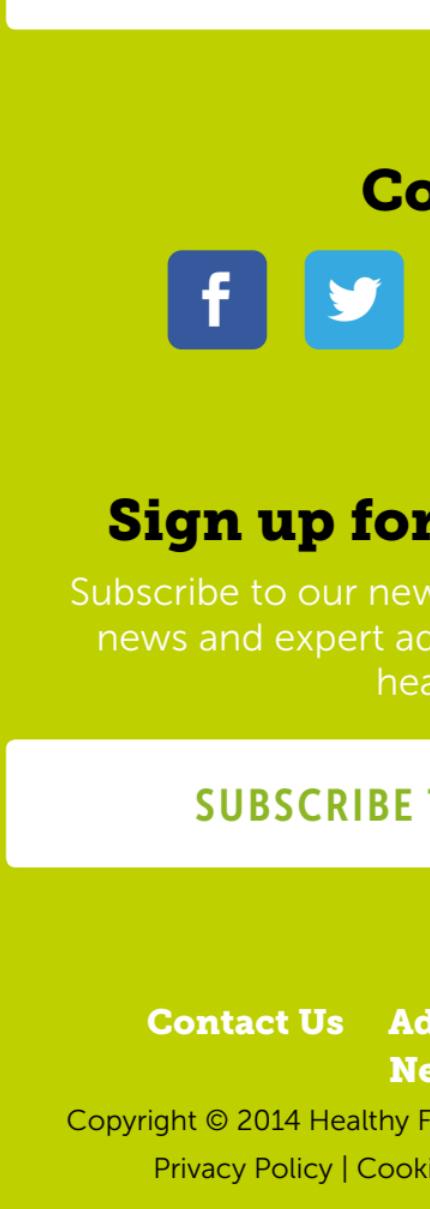
Dishes

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Nutrition

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300 X 250 MPU AD

300 X 25

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Cuisine

Popular Cuisine



Chinese (54)

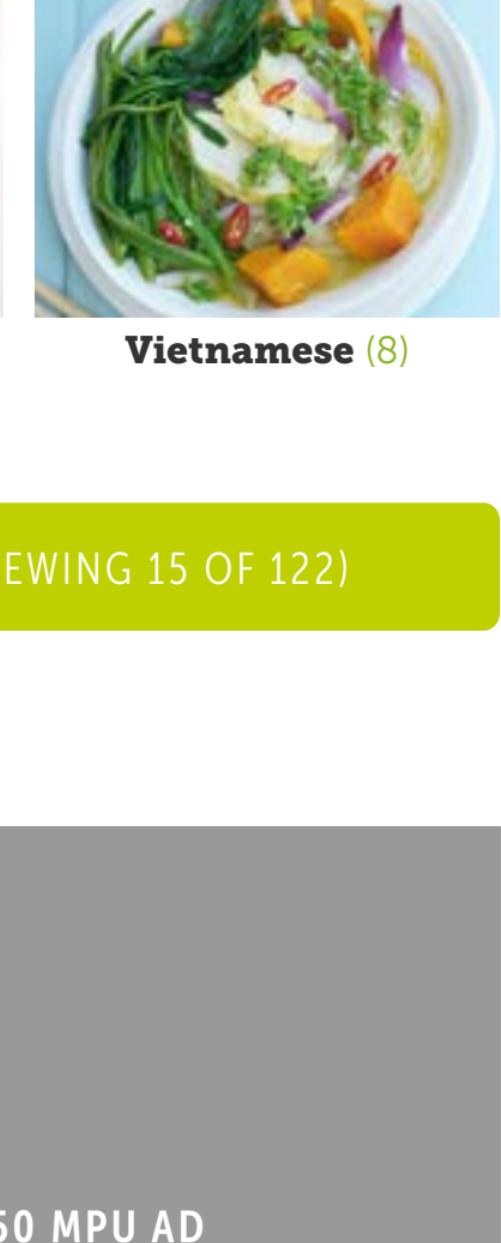


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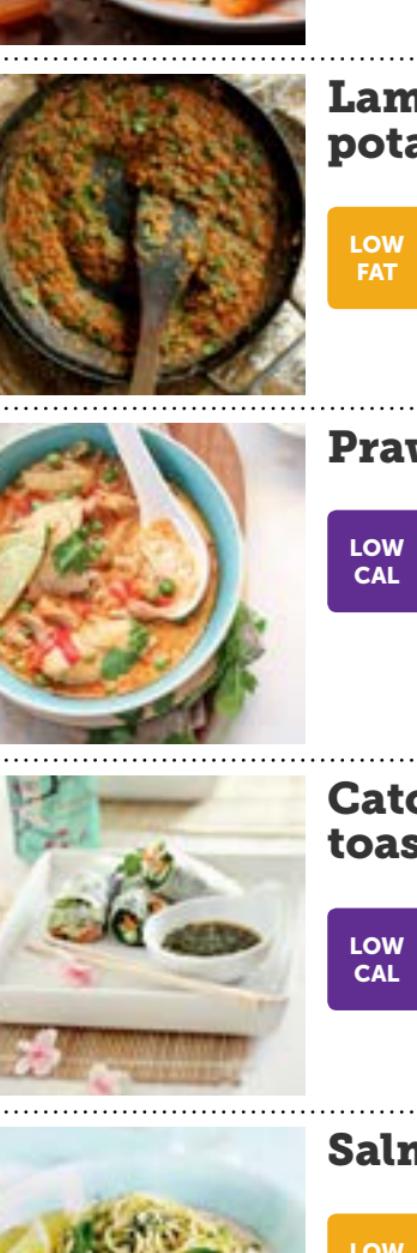
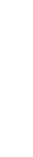
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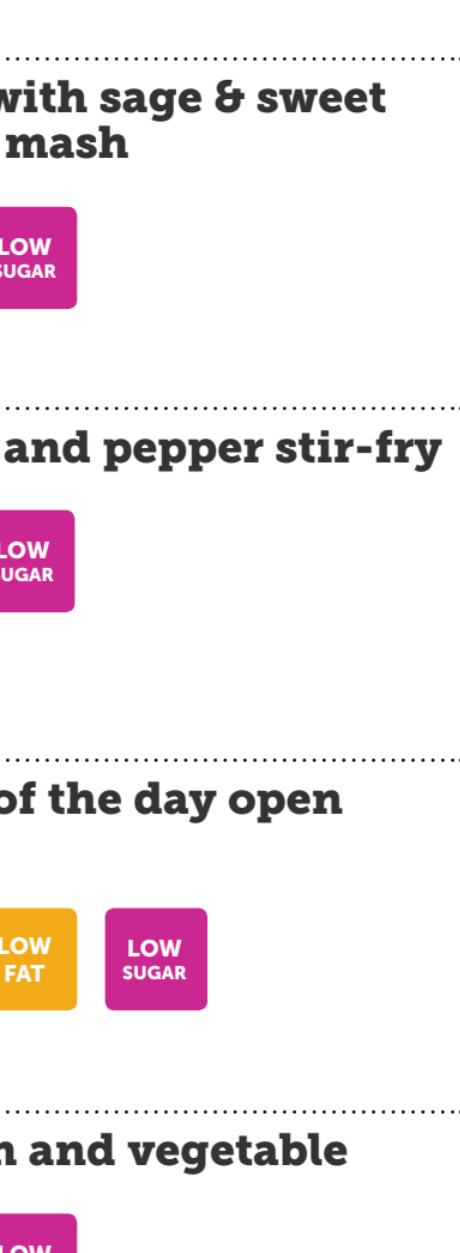
Chicken

Popular Chicken



Chicken and plum sauce stir-fry

★★★★★ (54)



Chicken and mushroom rigatoni

★★★★★ (122)



Tuna with roasted tomatoes

LOW CAL

LOW FAT

LOW SUGAR



Spicy meatballs in tomato sauce

LOW CAL

LOW FAT



Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR



Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR



Catch of the day open toastie

LOW CAL

LOW FAT



Salmon and vegetable

LOW FAT

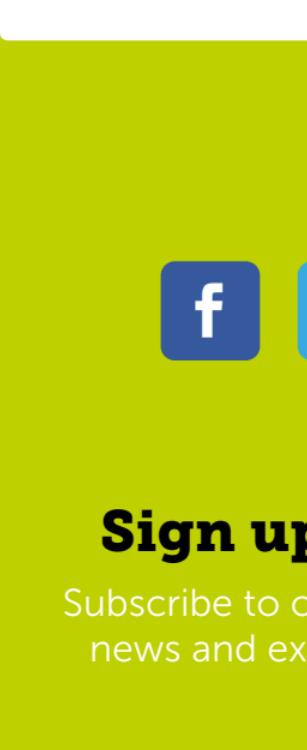
LOW SUGAR



Peppered steaks with bread

LOW FAT

LOW SUGAR



Tuna with roasted tomatoes

LOW FAT

LOW SUGAR



Spicy meatballs in tomato sauce

LOW CAL

LOW FAT

LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR

Catch of the day open toastie

LOW CAL

LOW FAT

Salmon and vegetable

LOW CAL

LOW SUGAR

Peppered steaks with bread

LOW FAT

LOW SUGAR

Tuna with roasted tomatoes

LOW FAT

LOW SUGAR

Spicy meatballs in tomato sauce

LOW CAL

LOW FAT

LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR

Catch of the day open toastie

LOW CAL

LOW FAT

LOW SUGAR

Salmon and vegetable

LOW CAL

LOW SUGAR

Peppered steaks with bread

LOW FAT

LOW SUGAR

Tuna with roasted tomatoes

LOW FAT

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Spicy meatballs in tomato sauce

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LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR

Catch of the day open toastie

LOW CAL

LOW FAT

LOW SUGAR

Salmon and vegetable

LOW CAL

LOW SUGAR

LOW SUGAR

Peppered steaks with bread

LOW FAT

LOW SUGAR

LOW SUGAR

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LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR

Catch of the day open toastie

LOW CAL

LOW FAT

LOW SUGAR

Salmon and vegetable

LOW CAL

LOW SUGAR

LOW SUGAR

Peppered steaks with bread

LOW FAT

LOW SUGAR

LOW SUGAR

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Spicy meatballs in tomato sauce

LOW CAL

LOW FAT

LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

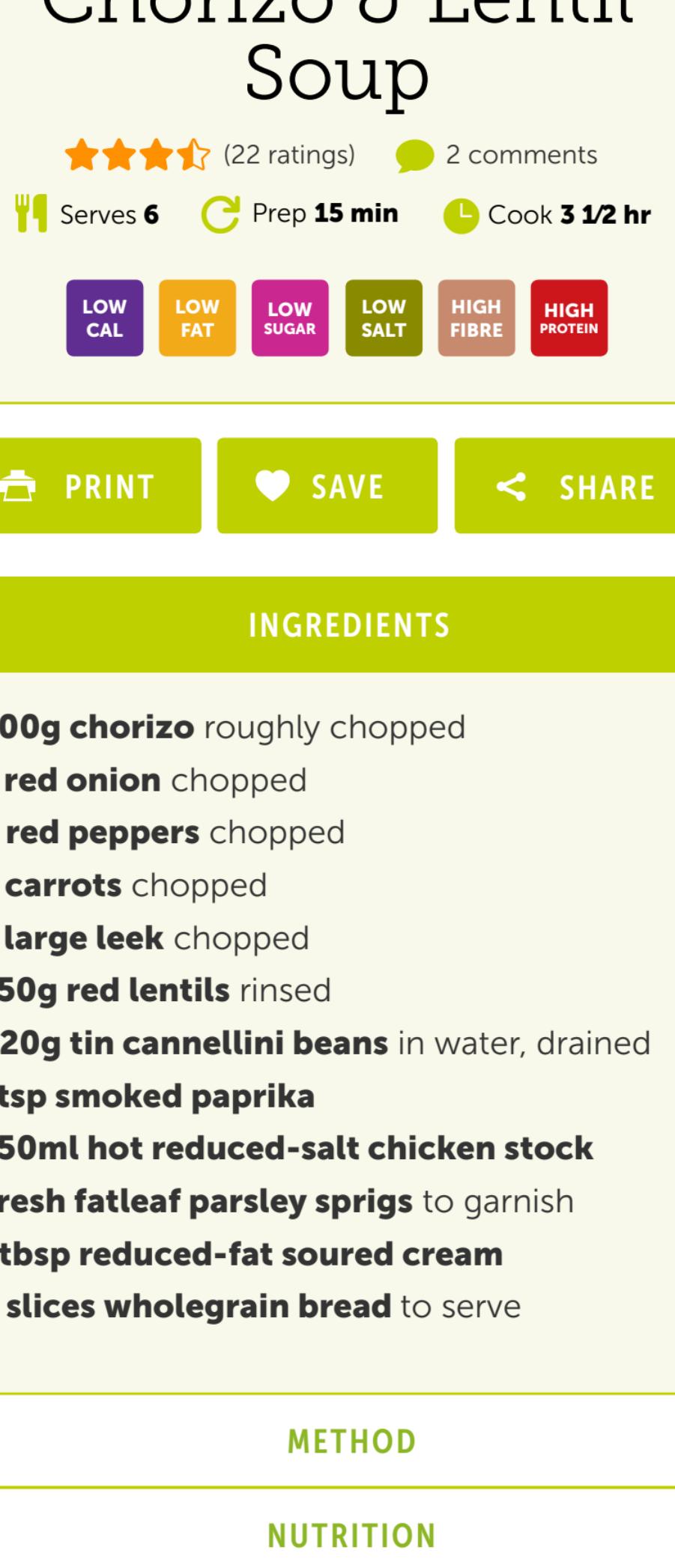
LOW FAT

LOW SUGAR



Home > Recipes > Main Recipes > Chorizo & Lentil Soup

around
500kcal
each



Chorizo & Lentil Soup

(22 ratings)

2 comments

Serves 6

Prep 15 min

Cook 3 1/2 hr

LOW CAL

LOW FAT

LOW SUGAR

LOW SALT

HIGH FIBRE

HIGH PROTEIN

PRINT

SAVE

SHARE

INGREDIENTS

200g chorizo roughly chopped

1 red onion chopped

2 red peppers chopped

3 carrots chopped

1 large leek chopped

150g red lentils rinsed

420g tin cannellini beans in water, drained

1tsp smoked paprika

750ml hot reduced-salt chicken stock

Fresh fatleaf parsley sprigs to garnish

6tbsp reduced-fat soured cream

6 slices wholegrain bread to serve

METHOD

NUTRITION

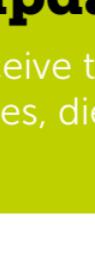
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around
500kcal
each

Chorizo & Lentil Soup

★★★★★ (22 ratings)

2 comments

Serves 6

Prep 15 min

Cook 3 1/2 hr

LOW CAL

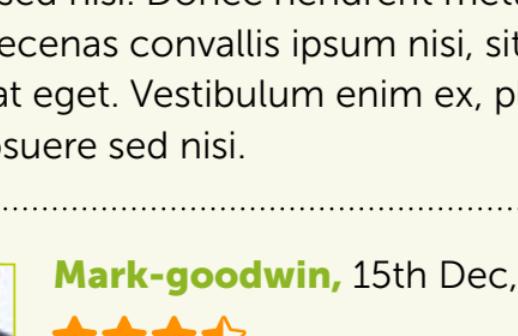
LOW FAT

LOW SUGAR

LOW SALT

HIGH FIBRE

HIGH PROTEIN

[PRINT](#)[SAVE](#)[SHARE](#)

INGREDIENTS

200g chorizo roughly chopped**1 red onion** chopped**2 red peppers** chopped**3 carrots** chopped**1 large leek** chopped**150g red lentils** rinsed**420g tin cannellini beans** in water, drained**1tsp smoked paprika****750ml hot reduced-salt chicken stock****Fresh fatleaf parsley sprigs** to garnish**6tbsp reduced-fat soured cream****6 slices wholegrain bread** to serve

METHOD

1. Preheat the slow cooker. Add all the ingredients except for the parsley, soured cream and bread. Pour over 750ml boiling water, stir to combine, then cook for 2 hr on high or 3 1/2 hr on low.

2. Switch off the cooker, then use a stick blender to blend the mixture until almost smooth (add more water for a thinner soup).

3. Serve garnished with parsley, topped with soured cream and a sprinkle of ground black pepper, with the bread on the side.

NUTRITION

CALORIES

390

PROTEIN

21.8g

FAT

11.6g

SATURATES

4.8g

FIBRE

10.9g

SALT

1.8g

CALCIUM

179mg

CARBS

51.2g

IRON

4.6g

SUGAR

13.5g



Read more on how we calculate nutrition

Recipe by **Sarah Swain**. Photography by **Devin Hart**

COMMENTS

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★★★★★

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Mark-goodwin, 15th Dec, 2014

★★★★★

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crystaltips2, 19th Dec, 2014

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Jules, 20th May, 2014

★★★★★

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Mandi, 21th May, 2014

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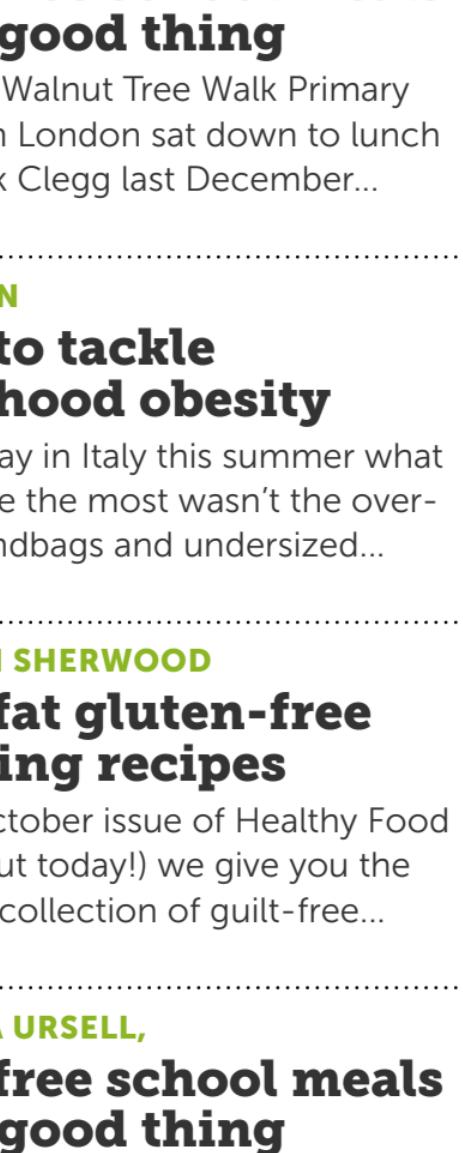
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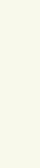
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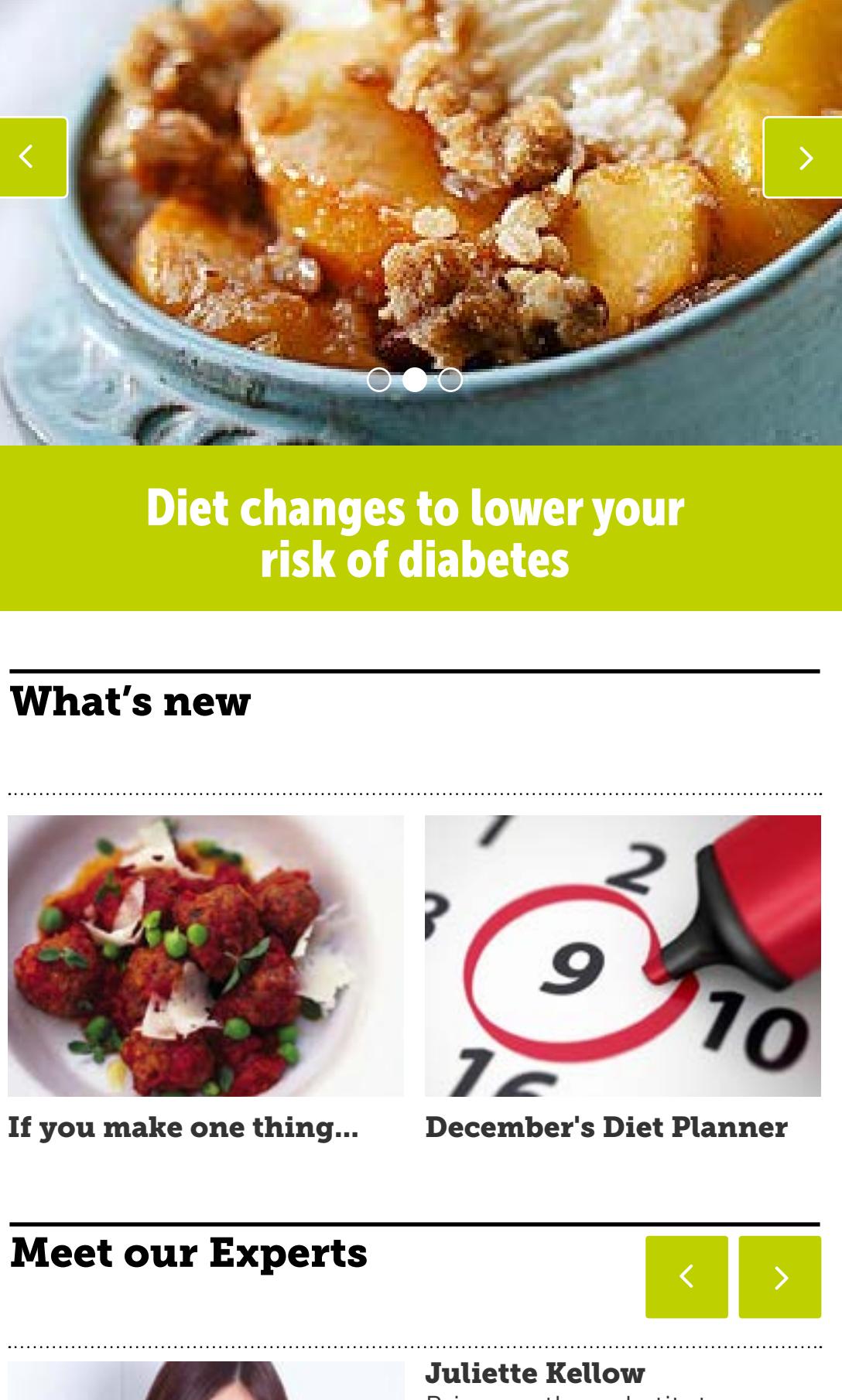
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Diet changes to lower your risk of diabetes

What's new



If you make one thing...



December's Diet Planner

Meet our Experts



Juliette Kellow

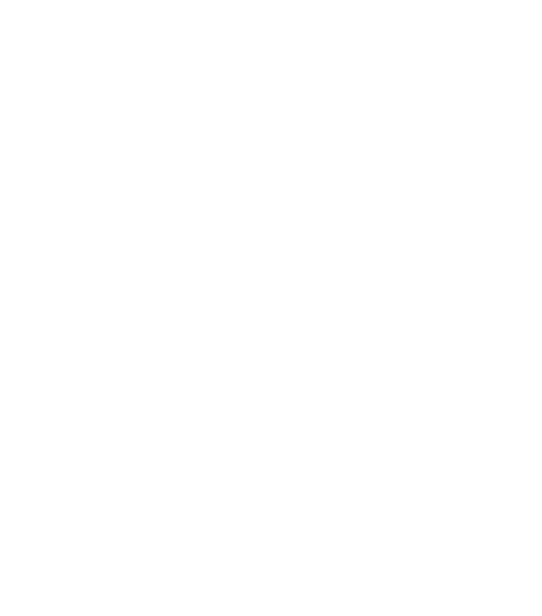
Bring on the substitute... are sweeteners a safer bet?

Good to eat now



Chicken stir fry
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Competitions



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Top tips from our experts



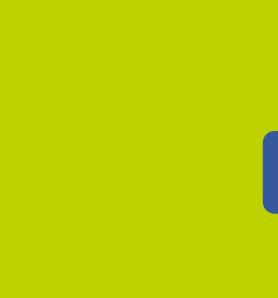
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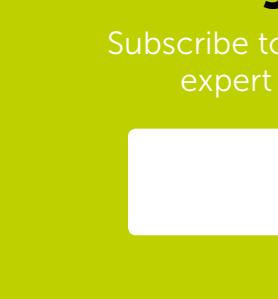
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Everyday Party Ideas

Food



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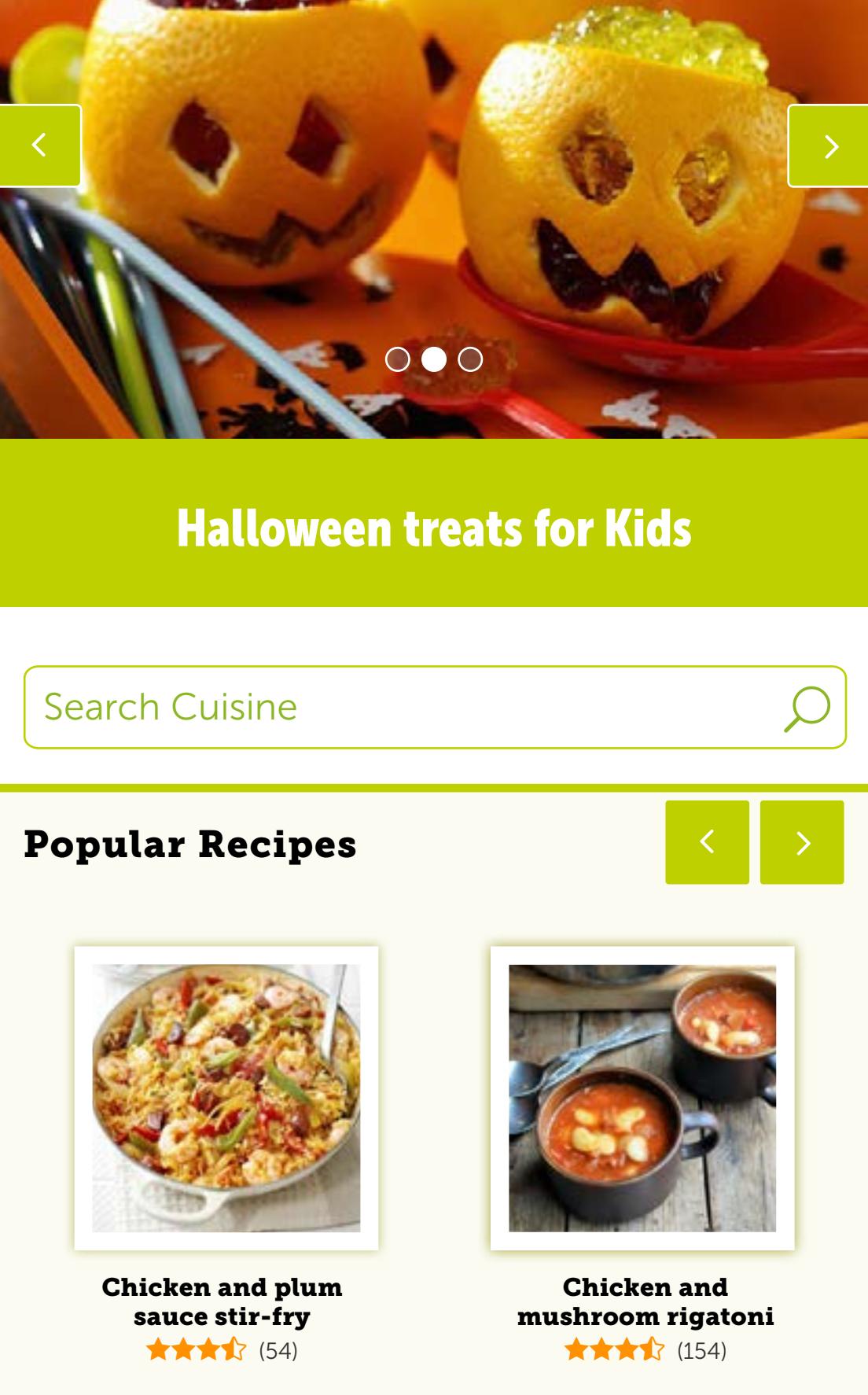
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Halloween treats for Kids

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Popular Recipes



Chicken and plum sauce stir-fry

★★★★★ (54)



Chicken and mushroom rigatoni

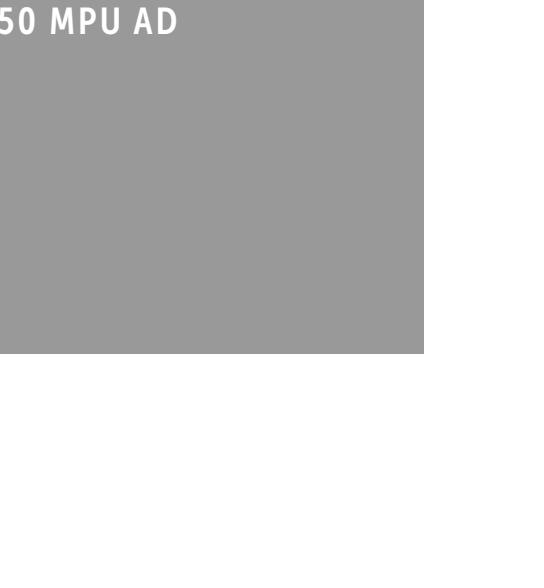
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Diet Planners

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Nutrition

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Popular Diet Planners



January 2015

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Moluptatidia ipitatur?

Mendelliqs quam...



December 2014

★★★★★ (54)

Moluptatidia ipitatur?

Mendelliqs quam...

What's in Season



Spicy meatballs in tomato sauce.

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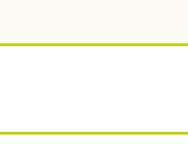
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Cuisine

Popular Cuisine

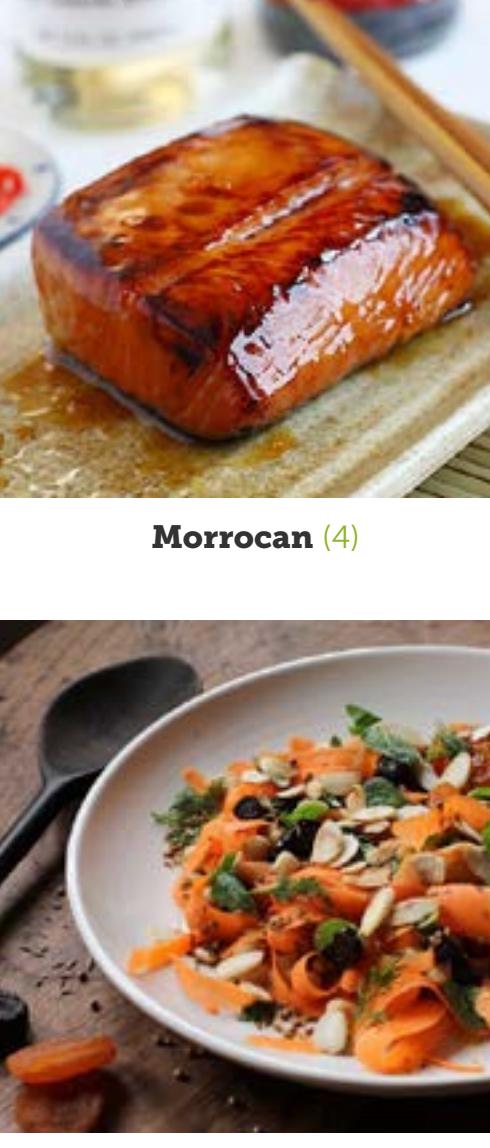


Chinese (54)

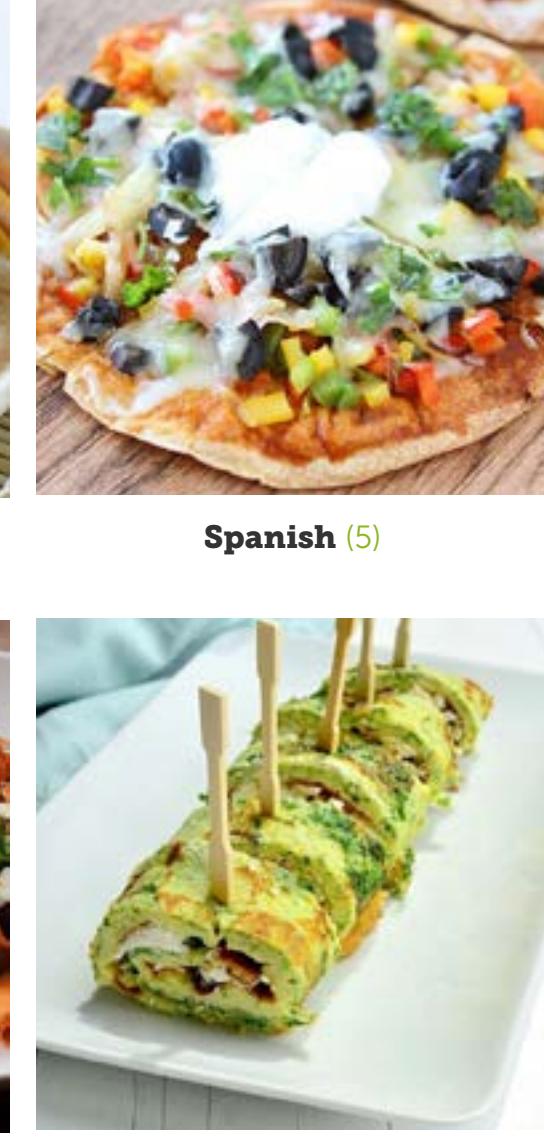


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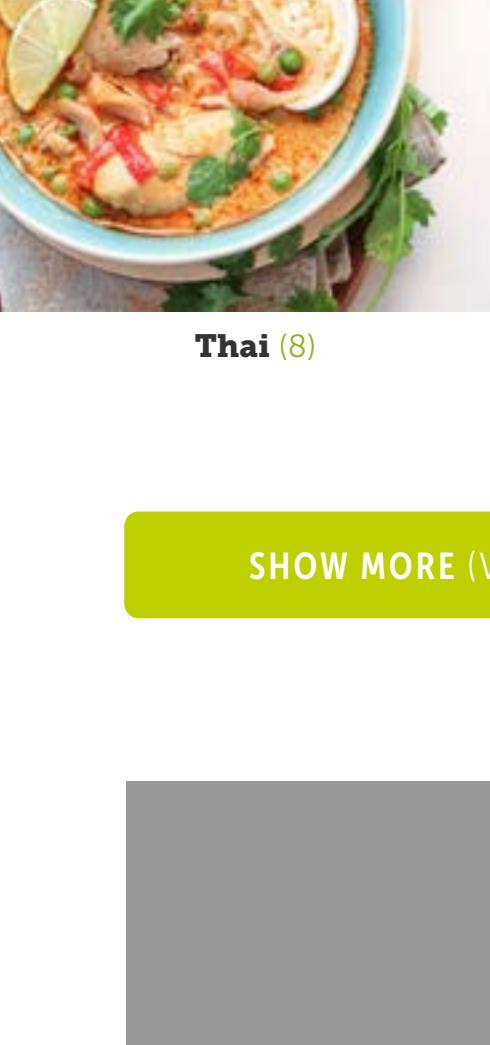
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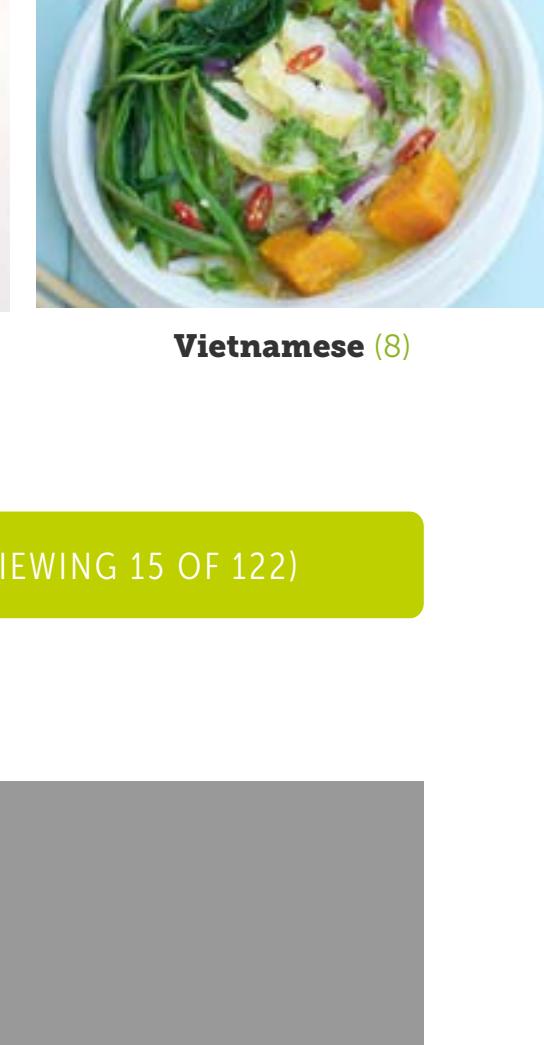
British (4)



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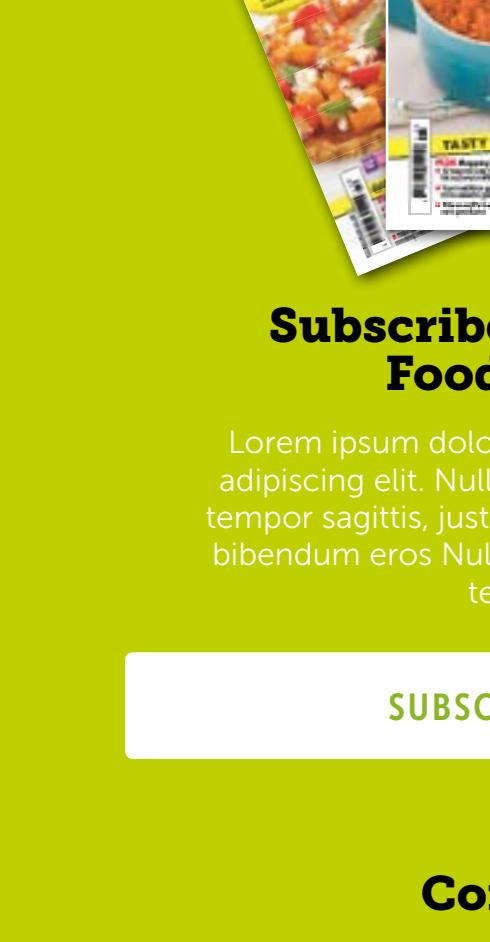
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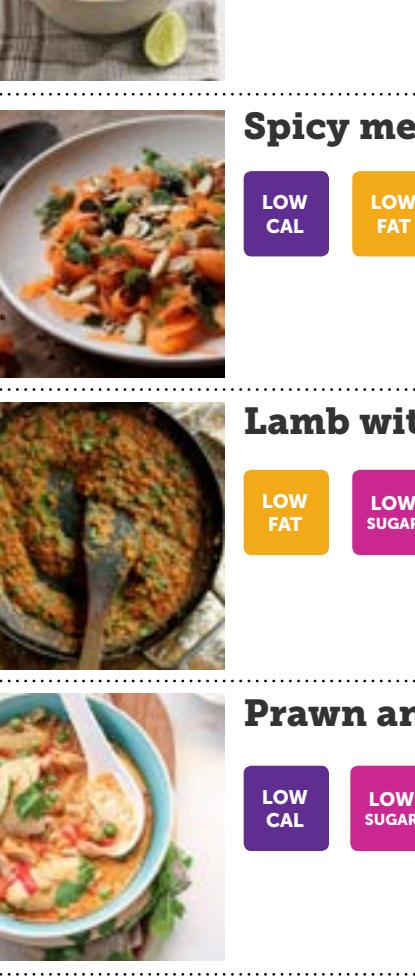
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Chicken

Popular Chicken



**Chicken and plum
sauce stir-fry**

★★★★★ (54)



**Chicken and
mushroom rigatoni**

★★★★★ (122)



Tuna with roasted tomatoes

LOW CAL

LOW FAT

LOW SUGAR



Spicy meatballs in tomato sauce

LOW CAL

LOW FAT



Lamb with sage & sweet potato mash

LOW FAT

LOW SUGAR



Catch of the day open toastie

LOW CAL

LOW FAT

LOW SUGAR



Salmon and vegetable

LOW FAT

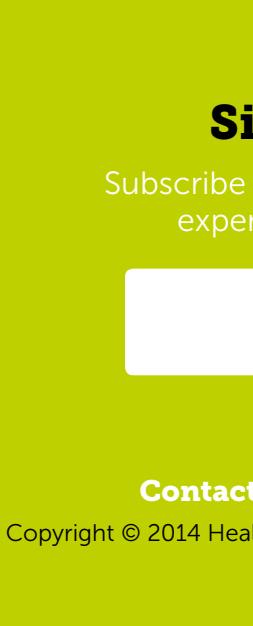
LOW SUGAR



Peppered steaks with bread

LOW CAL

LOW FAT



Spicy meatballs in tomato sauce

LOW CAL

LOW SUGAR

Lamb with sage & sweet potato mash

LOW CAL

LOW FAT

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR

Catch of the day open toastie

LOW CAL

LOW FAT

Salmon and vegetable

LOW CAL

LOW SUGAR

Peppered steaks with bread

LOW FAT

LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

Prawn and pepper stir-fry

LOW CAL

LOW FAT

LOW SUGAR

Catch of the day open toastie

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LOW FAT

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LOW SUGAR

Peppered steaks with bread

LOW FAT

LOW SUGAR

Lamb with sage & sweet potato mash

LOW FAT

Prawn and pepper stir-fry

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LOW FAT

LOW SUGAR

Prawn and pepper stir-fry

LOW CAL

</



Home > Recipes > Main Recipes > Chorizo & Lentil Soup



Chorizo & Lentil Soup

★★★★☆ (22 ratings) 2 comments



Serves 6



Prep 15 min



Cook 3 1/2 hr

LOW CAL

LOW FAT

LOW SUGAR

LOW SALT

HIGH FIBRE

HIGH PROTEIN



PRINT



SAVE



SHARE

INGREDIENTS

200g chorizo roughly chopped
1 red onion chopped
2 red peppers chopped
3 carrots chopped
1 large leek chopped
150g red lentils rinsed
420g tin cannellini beans in water, drained
1tsp smoked paprika
750ml hot reduced-salt chicken stock
Fresh fatleaf parsley sprigs to garnish
6tbsp reduced-fat soured cream
6 slices wholegrain bread to serve

METHOD

NUTRITION

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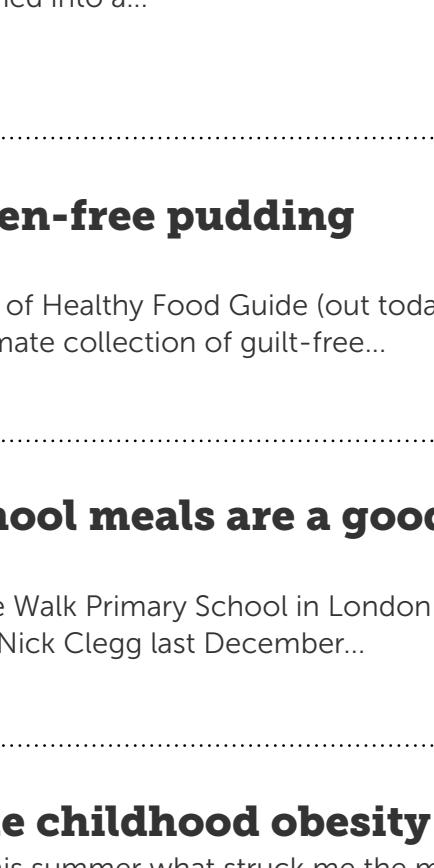
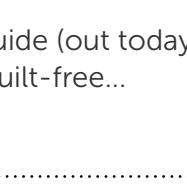


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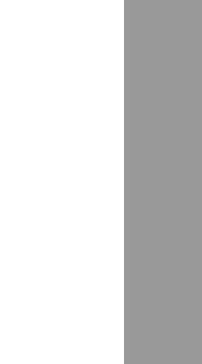
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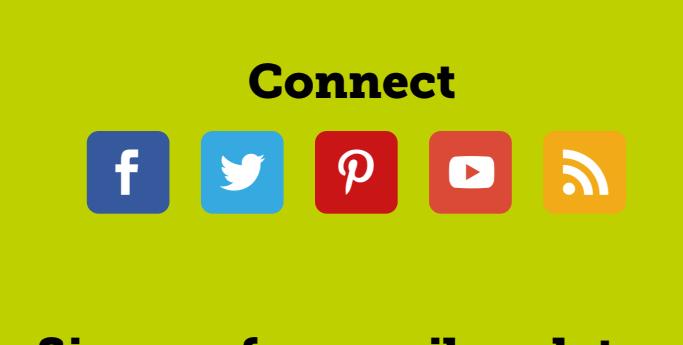
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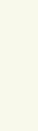
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