

Department of Nutrition and Dietetics

Weight Management: Meal ideas

This information is to be used as an insert with the 'Weight loss: food facts and tips' diet sheet.

Breakfast

- Porridge or wholegrain cereal e.g. Oat Crisp, Weetabix, shredded wheat with semi skimmed or skimmed or 1% milk
- Wholemeal toast with low fat spread
- Beans, mushrooms or tomatoes are healthier choices than bacon, sausage and black pudding.
- Grilling food rather than frying will reduce the calories.
- 125ml (short tumbler) of unsweetened fruit juice or fruit (fresh, dried or tinned in natural juice)

Choices for hunger between meals

Try a drink first to see if this fills you up e.g. Water, cup of tea, coffee, low sugar squash - hot or cold, low-calorie instant hot chocolate drink, diet fizzy drinks or water

Try using sugar-free chewing gum or sugar free mints.

If soon after having a drink you still feel hungry then have a small snack for example:

- Raw carrots, cucumber, celery, green, red, yellow or orange peppers
- 1 portion fruit (a palm full)
- 1 low-calorie yoghurt
- 2 breadsticks
- 1 sugar-free jelly
- 1 low-sugar fromage frais (plain is best - add your own berries)
- 1 pack savoury snacks <100kcal/pack



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Light meal ideas

Sandwiches with suggested fillings:

- Tuna and cucumber
- Ham and tomato
- Grated cheese and beetroot or pickle
- Cottage cheese and lettuce
- Turkey with salad
- Chicken tikka and lettuce with yogurt and mint dressing
- Sardines and tomato
- Egg and cress
- Grated cheese and celery
- Smoked mackerel and horseradish

Try wholemeal or multigrain bread, or pitta or crisp breads

Jacket potato with salad and suggested filling:

- Baked beans
- Tuna and sweetcorn
- Cottage cheese and pineapple
- Cheese and onion

Toast with suggested toppings:

- Sardines and tomato
- Baked beans
- Tomato and cheese
- Poached or scrambled egg with mushrooms

Main meal ideas

Use a small dinner plate; fill half of this with vegetables and make up the meal with one of the ideas below

- Shepherds pie with peas and carrots or baked beans
- Pasta and lentil bake with tomatoes
- Grilled fish fingers with potato croquettes and mixed vegetables
- Sausage and bean casserole with a fist sized jacket potato
- Tuna, pasta and sweetcorn bake
- Omelette with small bread roll, grilled tomatoes and peas
- Pizza with extra sweetcorn, tomato, pepper, mushroom, onion
- Spaghetti Bolognese with green salad
- Chicken casserole with potatoes and sweetcorn
- Chilli con carne with basmati rice and salad
- Lasagne with bean salad
- Lean lamb chop with potatoes, peas and carrots, try Swede and carrot mash
- Curry with basmati rice and salad
- Fish pie (potato topping) with broccoli
- Chick pea curry with chapatti

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Pudding – only have as an occasional treat

- Fruit and low sugar custard
- Fruit salad and fromage frais or low-fat evaporated milk
- Baked apple stuffed with sultanas
- Fruit in sugar free jelly
- Diet yoghurt
- No added sugar, instant whip with fruit
- Low sugar fruit fool
- Reduced fat rice pudding

Eating out and take aways

Remember portion sizes are very large, ideally only have one course.

Pizza houses

- Choose vegetable toppings rather than pepperoni/ham/extra cheese etc.
- A thin base pizza with side salad is lower in calories than a deep pan and garlic bread

Chinese and Thai meals

- Choose Soup as a starter instead of fried pastry's or prawn toast/spring roll
- Plain rice or noodles rather than fried rice
- If you choose creamy or coconut based dishes such as Thai green curry or peanut sauce then ask for a smaller portion

Indian food

- Tandoori, bhuna and tikka dishes are baked so lower in fat
- Drier dishes e.g. Biryani are better than creamier masala/korma sauce dishes
- Basmati or plain boiled rice are lower in calories than pilau or fried rice
- Lower fat options include dahl or vegetable curry (but not always, check).
- Samosas & pakoras are high in fat and calories
- Tandoori roti is lower in calories than naan bread. If having naan bread, choose a plain one and share, they are really high in calories
- Enjoy rice or bread, not both

Fish and Chips

- Share a small portion of chips and fill up with mushy peas or beans.
- Enjoy chips or bread and butter but not both.
- Try chicken instead of battered fish, or try removing the batter from the fish

Sandwich or Burger bars

- Try not to be tempted by “go large” portions
- Remember that mayonnaise can double the calories of a meal, go easy or avoid it.
- Think! A large burger and fries with a fizzy drink can be equal to your whole day's calorie requirements. Why not change to a smaller burger and diet drink?

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Drinks

- Choose diet drinks and low calorie mixers
- Alcohol is almost as high in calories as fat

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