

SLIMMING WORLD HEALTHY EXTRAS

Here is a list of the most popular Healthy Extra Allowances condensed for quick reference. Though please refer to your Slimming World book for the full list. These are the Slimming World Healthy Extra choices that we recommend that you have as part of a balanced diet. It is meant as an introduction and doesn't include processed foods. We have also left out the nuts and seeds allowances with so many of our readers (and ourselves) suffering from nut allergies.

HEALTHY EXTRA A CHOICES

MILK

350ml Skimmed Milk
300ml 1% Fat Milk
250ml Semi Skimmed Milk
175ml Whole Milk
400ml Skimmed Goats Milk
400ml Unsweetened Plain Soya Drink
300ml Sweetened Plain Soya Drink
300ml Semi Skimmed Lactose Free Dairy Drink
200ml Whole Lactose Free Dairy Drink
250ml Plain Rice Drink

CHEESE

30g Cheddar Cheese
40g Reduced Fat Cheddar
35g Blue Cheese
35g Edam
45g Feta
65g Reduced Fat Feta
50g Mozzarella
70g Reduced Fat Mozzarella
30g Parmesan
75g Reduced Fat Light Soft Cheese
90g Ricotta
2 Dairylea Light Cheese Slices
3 Dairylea Original Triangles
2 Mini Babybel
2 Laughing Cow Original Triangles

HEALTHY EXTRA B CHOICES

CEREALS

40g High Fibre Cereal
35g Bran Flakes
35g Porridge Oats/Oat Bran
35g Raisin Wheatals
35g Fruit & Fibre
30g All Bran
35g Sultana Bran
35g Muesli
35g Puffed Wheat
35g Shredded Wheat/Bibe Sized/Shreddies
35g Quaker Oats Cereal
1 Sachet Quaker Oat So Simple Multigrain
2 Weetabix
1 HiFi Bar

BREAD

60g Wholemeal Bread
2 Medium Slices Wholemeal Bread
2 Medium Slices Gluten Free Wholemeal Bread
1 Large Slice Wholemeal Bread
1 Multigrain Wrap

CRISPBREADS

6 Multigrain Thin Crisps
5 Scan Bran Crisp Bread
5 Corn Thins
2 Ryvita Dark Rye
30g Ryvita Mints

DRIED FRUIT

50g Apple
60g Apricots
50g Figs
40g Goji Berries
50g Pears
65g Prunes

CANNED FRUIT

300g Apple Slices
125g Breakfast Apricots
350g Pears
125g Prunes

COOKED FRUITS

375g Apples
450g Fresh Apricots
300g Blackberries
250g Blackcurrants
350g Damsons
275g Fresh Figs
350g Gooseberries
300g Peaches
350g Pears
400g Plums
150g Prunes
250g Raspberries
350g Redcurrants
500g Rhubarb
275g Whitecurrants

Slimming World Guide

Peter Buckley



Slimming World Guide:

The Greatest Guide to Slimming & Healthy Living Wendy Green, 2011-06 Slimming healthy living tips and advice to help you Discover why you overeat and harness the power of your subconscious mind to help you lose weight Eat less by changing your relationship with food Learn which everyday foods drinks herbs and Willing's Press Guide and Advertisers' Directory and Handbook ,2002 **Slimming World Food Optimising** Slimming World, 2014-04-30 Having plenty to eat and no forbidden food is every slimmer's dream It sounds too good to be true but it's the approach that has enabled thousands of Slimming World members to reach their target weight the weight they have chosen to be No foods are banned at Slimming World There's no calorie counting and there are hundreds of Free Foods which can be eaten in unlimited amounts The Slimming World diet is designed to make weight loss easy and more enjoyable and this recipe book makes the healthy eating plan available to everyone Packed with nutritional advice lifestyle and diet information as well as over 150 wonderfully healthy recipes simply follow the eating plan and lose weight And by adopting and developing healthy eating habits for life the weight will be lost for good The World's Easiest Guide to Finances Larry Burkett, 2001-01-01 Many financial resources are confusing to the average person Leading Christian financial expert Larry Burkett answers the call for a simplified yet comprehensive guide to financial management with The World's Easiest Guide to Finances It is a comprehensive reference work that makes complicated terms and concepts easy to grasp with a touch of humor and builds the confidence of a person of any experience level that they can understand and implement the information Features helpful CD ROM with the following contents Interactive Budgeting Guide Users simply enter their current expenses and this handy guide provides a visual representation of their budgets The Debt Eliminator Users enter debts amounts payment information and interest rates and this helpful tool gives prioritized plans to pay off their debts **Willing's Press Guide** ,2004 Coverage of publications outside the UK and in non English languages expands steadily until in 1991 it occupies enough of the Guide to require publication in parts Willings Press Guide Clare Redman, 2007-12 This press guide aims to provide a comprehensive accurate and informative guide to the UK press both print and broadcast and to give details about the leading newspapers and periodicals in the United Kingdom The Essential Guide to the Internet for Health Professionals Sydney Chellen, 2015-05-11 First published in 2003 Routledge is an imprint of Taylor Francis an informal company A Comprehensive Guide to Male Aesthetic and Reconstructive Plastic Surgery Seth R. Thaller, Mimi N. Cohen, 2024-06-07 This book offers an authoritative and comprehensive overview of the wide range of surgical procedures and non invasive options for the male cosmetic and reconstructive patients Chapters examine the full gamut of unique male aesthetic and reconstructive surgical procedures written by an interdisciplinary team of well known and well respected national and international contributors The book provides an up to date and highly illustrated coverage of existing techniques and innovative new technologies Chapters relay the interplay between the unique male anatomy expectations clinical implications

therapeutic gems and approach to men seeking aesthetic enhancements Each chapter highlights a concise but comprehensive description of the clinical issue augmented by appropriate illustrations related art works and videos When applicable an interdisciplinary style utilizing the expertise of allied specialties such as dermatology facial plastic surgery and oculoplastic surgery are utilized Chapters address key issues and areas not previously included in other books such as Direct excision of nasolabial folds and submental region Facial rejuvenation and other aesthetic procedure available to people of color Surgery for body builders Buried penis Management of hyperhidrosis HIV facial wasting and buffalo hump A Comprehensive Guide to Male Aesthetic and Reconstructive Surgery is a must have resource for plastic and reconstructive surgeons to successfully manage the distinctive unique needs of the male patient *Insight Guides The Greek Islands (Travel Guide eBook)* Insight Guides,2018-06-01 Insight Guides all you need to inspire every step of your journey From deciding when to go to choosing what to see when you arrive this is all you need to plan your trip and experience the best of the Greek Islands with in depth insider information on must see top attractions like Santorni and the Ionian Islands and hidden cultural gems such as exploring the islets of gios Evstrtios and Tlendos Insight Guide Greek Islands is ideal for travellers seeking immersive cultural experiences from exploring the best museums to discovering the best local foodie specialities In depth on history and culture enjoy special features on People and Identities Aegean Architecture and Cruising Round the Islands all written by local experts Includes innovative unique extras to keep you up to date when you re on the move this guide comes with a free eBook and an app that highlights top attractions and regional information and is regularly updated with new hotel bar restaurant shop and local event listings Invaluable maps travel tips and practical information ensure effortless planning and encourage venturing off the beaten track Inspirational colour photography throughout Insight Guides is a pioneer of full colour guide books Inventive design makes for an engaging easy reading experience About Insight Guides Insight Guides is a pioneer of full colour guide books with almost 50 years experience of publishing high quality visual travel guides with user friendly modern design We produce around 400 full colour print guide books and maps as well as phrasebooks picture packed eBooks and apps to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure **Photographer's Guide to the Panasonic Lumix DC-ZS70/TZ90** Alexander S. White,2017-08-30 Photographer s Guide to the Panasonic Lumix DC ZS70 TZ90 is a complete guide to the use of the Panasonic Lumix DC ZS70 camera which is known as the TZ90 outside of North America The book shows beginning and intermediate photographers how to capture excellent images and video sequences with the ZS70 The book explains the use of autofocus manual focus aperture shutter speed exposure compensation white balance and ISO and many other settings The book discusses the camera s options for playback setup and customizing the operation of its controls The book contains more than 450 color photographs showing the camera s controls display screens and menus The book includes photographs taken using the many

creative settings of the camera including the Photo Style settings the Creative Control mode picture effects which provide the ability to customize the appearance of images in dramatic ways and the camera's features for burst shooting and shooting in high contrast lighting conditions The book includes a full discussion of the video recording abilities of the ZS70 camera which offers manual control of exposure and focus during movie recording and provides ultra high definition 4K recording of motion pictures The book also explains the camera's features for extracting still images from 4K video and using the Post Focus and Focus Stacking features to produce sharply focused images after a shooting session In three appendices the book discusses accessories for the ZS70 including cases power supply options and other items and includes a list of websites and other resources for further information The book includes an appendix with helpful Quick Tips that explain how to take advantage of the camera's features in the most efficient ways possible

A Complete Guide to Homeopathic Remedies Dr. S. K. Sharma, The Rough Guide to the Beatles Rough Guides, 2009-11-02 The Beatles are the ultimate band the most popular the most respected the most influential The Rough Guide to the Beatles covers every aspect of the Fab Four delving deep into the Beatles music lyrics movies and the Beatles solo careers Features include The Story from Liverpool clubs to Beatlemania The Music incisive reviews of every Beatles and solo album and new Beatle Music from George Martin's son Giles The Canon the inside track on the 50 greatest songs On Screen the movies the promos and the TV appearances and new coverage of the upcoming Rock Band style video game of Beatle music The Fifth Beatle George Martin Yoko Ono Magic Alex and other contenders as well as the resignation and death of Neil Aspinall Beatleology the best books the weirdest covers the most obsessive websites the obscurest trivia This updated edition includes new material on Cirque Du Soleil's acclaimed Love Show the only officially endorsed Beatles theatrical presentation Paul McCartney's albums Memory Almost Full Ecce Cor Meum and Electric Arguments and the media circus surrounding the McCartney Mills divorce All you need is this

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A Practical Guide to Play Therapy in the Outdoors Ali Chown, 2017-08-15 A Practical Guide to Play Therapy in the Outdoors responds to the significant and growing interest in the play therapy community of working in nature Alison Chown provides practical ideas about why we might decide to take play therapy practice into outdoor settings and how we might do this safely and ethically This book discusses how nature provides a second intermediate playground and can be seen as a co therapist in play therapy It explores the relevance of different environments to the play therapy process by considering the elements of earth air fire water and wood It looks at the way we can connect with nature to find a sense of place and details some activities to do with children in play therapy to get started The book provides an important guide for the practitioner and talks them through the crucial guidelines that are necessary for outdoor play therapy and gives a philosophical perspective to working in nature It will be engaging and essential reading for play therapists in training and practice

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Handbook of Obesity - Volume 2 George A. Bray, Claude Bouchard, 2023-12-01 Volume 2 of the 5th Edition of the Handbook of Obesity spotlights on clinical applications for evaluation diagnosis prevention and treatment of obesity It covers on the several major developments occurred between the previous and the new edition including the effect of SARS CoV 2 on people with obesity the concept of Precision Medicine and new medications approved by USFDA aiding patients with obesity weight loss of 15 to 20% This volume is structured into 5 parts Part 1 provides insights from evolution on changes in diet and physical activity and the implications and results for preventing obesity health care costs associated with obesity and the cost effectiveness of obesity prevention and treatment Part 2 deals with evaluation of overweight patients approaches for classifying obesity and using this knowledge to evaluate patients and addressing ethnic and racial considerations in evaluating patients with obesity Part 3 explains the impact of lifestyle in managing obesity which include behavioural management diet dietary composition and meal timing and the effects of physical activity and exercise in weight loss and weight loss maintenance Part 4 is focused on medications in the management of obesity This includes drug selection various classes of drugs combination of drugs affecting weight loss effect of herbal agents on weight loss and treatment of obesity in pediatric populations genetic diseases causing obesity and the role of drugs in treating the dyslipidemias Part 5 discusses bariatric surgery its history procedure and effects in details and other surgical techniques including electric stimulation of the vagus nerve gastric balloons intestinal liners and liposuction

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