

# 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 Branded Foods Guide

**Julie Daniluk, RHN**



## **Slimming World Branded Foods Guide:**

**Vault Guide to the Top Consumer Products Employers** Tyra N. Turner, 2005 This guide provides business profiles hiring and workplace culture information on more than 30 top employers including 3M Coca Cola Company Kraft and more  
*The Bookseller*, 1981      *Genetically Modified Food* Andy Rees, 2006-08-20 Written by a leading campaigner for GM Watch one of the world's leading lobbying groups this book reveals the huge issues that are at stake Genetically modified food has been headline news for years but it's difficult to know how far the genetic revolution has affected our lives Is the food on our shelves free of genetically engineered ingredients How much power do food corporations wield Andy Rees provides the answers He shows that while corporations that produce genetically modified food have met with resistance in Europe their hold on the US market is strong They're also expanding operations in less regulated countries in Africa Asia and the former Soviet bloc The US has launched a legal suit to attempt to force the European market open to genetically modified food What does the future hold This brilliantly readable book tells us all we need to know      *Bookseller and the Stationery Trades' Journal*, 1980      **British Books in Print**, 1985      *Slimming Meals That Heal* Julie Daniluk, RHN, 2014-05-01 With her debut bestselling health book and cookbook *Meals That Heal* inflammation nutritionist Julie Daniluk created the definitive guide to understanding inflammation and its link to chronic disease With *Slimming Meals That Heal* Julie highlights the all important relationship between inflammation allergies and weight gain and offers up over 120 new recipes All too often diets fail because they are a self imposed temporary food prison that people can't wait to escape *Slimming Meals That Heal* will shatter the need to count calories and will conquer cravings by offering the Live It a delicious new way of eating that reduces the inflammation that looms in the background of anyone who struggles with their weight Julie's clients who have followed the SMTH anti inflammatory plan have lost 25 45 and even 100 pounds *Slimming Meals That Heal* deepens the reader's understanding of how food can hurt or heal The book includes information on cleansing the organs the specific power of superfoods and techniques that directly reduce cravings Julie has devised a 5 step plan on how to boost metabolism and balance hormones leading to holistic weight balance And just as with Julie's first book *Slimming Meals That Heal* is bursting with easy tasty phenomenally healthy slimming recipes for every meal of the day from Superfood Quinoa Porridge to Ginger Honey Salmon Soup and from World's Healthiest Gluten Free Lasagna to the Best No Bake Apple Crumble Ever Once you try the Live It you'll leave dieting behind forever as you embrace Julie's exuberant healthful approach to eating      *A Complete Guide to Homeopathic Remedies* Dr. S. K. Sharma,      **Diseases of Digestive System** Dr. Shiv Kumar,      *Fat Loss Habits* Ben Carpenter, 2025-01-28 From the bestselling author of *Everything Fat Loss* *Fat Loss Habits* is a myth busting action focused guide that will transform your relationship with food for good Good habits are powerful Repeated actions bring about change one step at a time and help us ensure that these changes become part of our lives But when it comes to fat loss too often the focus is on bad habits We've all heard that snacking between meals stress eating and mid week

takeaways won't help us lose weight but that doesn't make it easier to stop doing these things. On top of this, we're constantly bombarded with articles and videos telling us why certain foods are bad or toxic or poison. This makes the search for basic nutrition advice almost impossible, and it's not surprising that so many people feel confused about what to eat. Ben Carpenter is a fitness coach, research nerd, and trusted source of no-bullshit fat loss information who has spent his entire adult life working in the fitness industry researching the real science and studies behind fat loss and answering questions with simplified, unbiased answers. Ben's point is this: The best weight loss diet doesn't exist. From keto to intermittent fasting, no diet is superior. They all work in the short term but are rarely sustainable for the long term, nor is it a good idea to be on a weight loss diet forever. The better solution is to maintain stronger positive motivators that make us want to stay healthy; the easiest way to do this is through simple, effective habits. To help readers achieve true health, Ben offers a three-step plan: understanding the science, unveiling the fat loss options available, choosing what habits work for you. Let's say goodbye to specific diet plans and products and hello to implementing sustainable fat loss habits based on our own personal preferences.

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