

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 Sultanina Bran
35g Muesli
35g Puffed Wheat
35g Shredded Wheat/Bibbe 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

Dr. Shiv Kumar



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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