

NewWeigh
Medical Weight Management



**A healthy way
to lose weight
and keep it off**

**Meal Replacement
Plan (MRP)**



newweigh.ie
newweigh.co.uk

A healthy way to lose weight and keep it off



Free weekly pharmacy weigh-in, advice and online weight tracker

Replace 1 or 2 meals a day

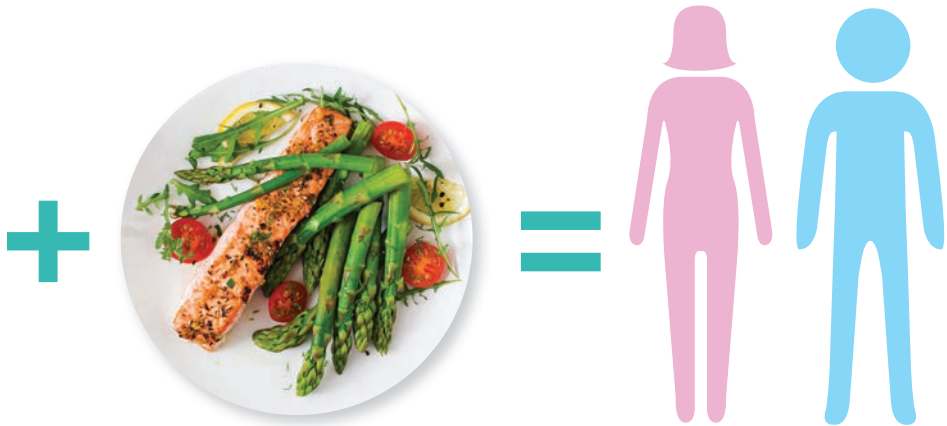
How it works: The calorie gap

The difference between the number of calories you take in and the number of calories your body uses is called the calorie gap.






The bigger the calorie gap of your diet, the more weight you will lose.

NewWeigh MRP foods contain less than 250 Calories per meal and are an ideal way to cut your calorie intake in a healthy and nutritious way.

NewWeigh MRP foods allow you to lose weight in a flexible way that suits your lifestyle, at the speed that suits you.



1 healthy meal
(approx. 500 Calories)

DAILY ENERGY NEEDED	DAILY INTAKE ON MRP PLAN	CALORIE GAP	WEIGHT LOSS
 Women Around 2000kcal	 Breakfast 1x NewWeigh MRP (shake or bar) +  Lunch 1x NewWeigh MRP (shake, soup or bar) +  Healthy Meal (approx. 500 Calories)	Around 1000-1500 kcal per day	Around 1.5lb - 2lb (0.75kg-1kg) per week
 Men Around 2500kcal	Total intake around 1000kcal		

Is your weight affecting your health?

What if I just lose 5% of my weight?

If you are more than a few pounds overweight, losing weight can seem like a daunting task. It's important to realise that even a 5% weight loss will have a beneficial effect on your overall health.



**Ask your
Doctor or
Pharmacist
for advice
on how your
weight might
be affecting
your medical
conditions**

5% is the magic number to get some of these health benefits:

- feeling better – both physically and mentally
- exercise is easier
- reduced risk of arthritis
- less joint pain
- lower risk of cancer
- reduced risk of type 2 diabetes
- improved asthma symptoms
- reduced blood pressure
- improvement in sleep apnea symptoms
- possible improvements in fertility

Setting a target of 5% weight loss is a good place to start when you are really trying to improve your health. Once you've reached your 5% target, you can set another goal, like another 5%. Use the health benefits as your motivation to keep going.

Do you know your numbers?

There are three health numbers you should know:

- 1 Your blood pressure
- 2 Your cholesterol levels
- 3 Your BMI

The **Body Mass Index (BMI)** chart is a very good indicator of how your weight affects your health.

Excess weight increases your risk of many illnesses. The more overweight you are, the greater the risk. Taking responsibility for your own health is the best decision you can make. Another useful number is your **Total Daily Energy Expenditure (TDEE)**. The BMI calculator on the NewWeigh website also works out your TDEE. This is a very good estimate of the number of calories it takes to run your body for 24 hours.

Why is traditional dieting so hard?

Just trying to cut back on your own using ordinary food doesn't always work.

Do certain foods trigger your cravings?
For example: bread, pasta, sweets, biscuits, fruit, simple carbohydrates.

If you crave certain foods or tend to graze late at night, you may have a problem called insulin resistance and the best way to diet is to use **NewWeigh Total Diet Replacement (TDR)**.

Using this strict diet method, you will feel in control and experience little hunger after 3 or 4 days, making dieting possible.

If you are fortunate and don't struggle with cravings, **NewWeigh Meal Replacement Plan (MRP)** is a less strict diet option which will enable you to hit your target weight in a healthy way.



How do I start?



The first step is to choose either the flexible Meal Replacement Plan or the stricter pharmacist-led Total Diet Replacement Plan. The choice is based on your eating habits, lifestyle and general health. NewWeigh and your pharmacy are here to guide you to make the right diet choice:

A

NewWeigh Meal Replacement Plan (MRP)

B

NewWeigh Total Diet Replacement Plan (TDR)

A

NewWeigh Meal Replacement Plan (MRP)

OPTION 1 (most popular)

Just replace two meals a day with tasty MRP foods and eat one light meal.*

OPTION 2 (5:2)

This programme involves dieting 2 days a week and eating normally the other 5 days. Pick 2 days each week when you are going to restrict your calorie intake by using 2 MRP foods and eating 1 light meal.*

It may be better to pick two days that are not consecutive.

OPTION 3 (4:3)

This method is a stricter diet than using Option 2 but again, our team will help you choose what is right for you. Pick 3 days per week where you restrict your calorie intake, these will be your diet days. On the 'diet days' you use 2 MRP foods and 1 light meal.* The rest of the week eat as normal and as healthily as possible.

OPTION 4: MAINTAINING

If your goal is to keep your weight steady, try using one MRP food daily to replace one meal every day or just a few days each week – whichever suits your lifestyle.

OPTION 5: MEAL ON THE GO

When you are busy and need a healthy option full of vitamins, minerals and fibre, why not pick a filling replacement shake or bar.

* A light meal is 400-500 Calories.

As you progress on your weight loss journey regular reviews will be scheduled with your **NewWeigh Customer Care Team** to advise and support you along the way.

We are always here to help, either in pharmacy or by contacting us directly. You have the option to record your weigh-in every week and ask us any questions.

Losing weight with Meal Replacement Plan (MRP) foods is proven to give better results than low-calorie dieting alone.



B NewWeigh Total Diet Replacement Plan (TDR)

NewWeigh Total Diet Replacement is a nutrient complete, very low-calorie diet plan. This plan is a simple but medical diet method. It is a healthy way to reduce weight and most importantly keep it off.

The diet requires completion of a medical questionnaire, which is checked by a NewWeigh trained pharmacist. You will weigh-in every week and be supported throughout. For more details visit the NewWeigh website.

Why choose NewWeigh Total Diet Replacement Plan?

- Ordinary dieting hasn't worked for me
- My GP has advised me to lose weight for medical reasons or for an operation
- I want a ketogenic diet which will blunt my hunger and cravings
- I want a safe way to lose 2 stone or more in a reasonable time

**NewWeigh Total Diet Replacement is a
Simple and Healthy Diet Method**

Replace 1 or 2 meals a day with delicious NewWeigh MRP foods



A healthy way to lose weight and keep it off

- ✓ High Fibre
- ✓ High Protein
- ✓ 26 Vitamins and Minerals
- ✓ Can be used as a snack or meal
- ✓ Can be used to manage your weight or to help you continue to lose more weight
- ✓ Tasty and convenient
- ✓ No need to count calories at mealtimes

Dieting and weight maintenance long term

Many people can lose up to 7lb/3kg in the first week of any diet which is just **‘water weight’**.

As you create a gap between the number of calories your body is using and the number of calories you are eating, you will start real fat loss.

Fat loss normally occurs from week 2 onwards.

If you lost more than 7lb/3kg in week 1 of your MRP diet, then you naturally retain more ‘water weight’ than average and you can regain this weight in one day from poor eating. Eating sensibly, keeping your weight down and drinking plenty of water will keep this unwelcome fluid bloat away.

Once you have reached your target weight, you should not worry about daily fluctuations in your weight.

Your weight can increase temporarily due to:

- Tiredness
- Inactivity
- Constipation (or a full bowel)
- Being pre-menstrual
- Working shifts
- Eating too much salt (for some people)



It is only if your weight is increasing on a weekly basis that you need to take action. The earlier you take action the better.

Get in touch with our team for help and advice

Tel (IRL): +353-43-33-31969

E-mail: info@newweigh.ie newweigh.ie

Tel (UK): +44 (0) 2866 480016

E-mail: info@newweigh.co.uk newweigh.co.uk

Keep a 7-day Food Diary

Write your goal at the start of each week to keep you focused:

- Eat 3 times a day only
- Keep mealtimes short
- Write it down before you eat it
- Note the time you eat (identify eating patterns)
- Remember to be honest!

MONDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

TUESDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

WEDNESDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

THURSDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

FRIDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

SATURDAY

BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

SUNDAY

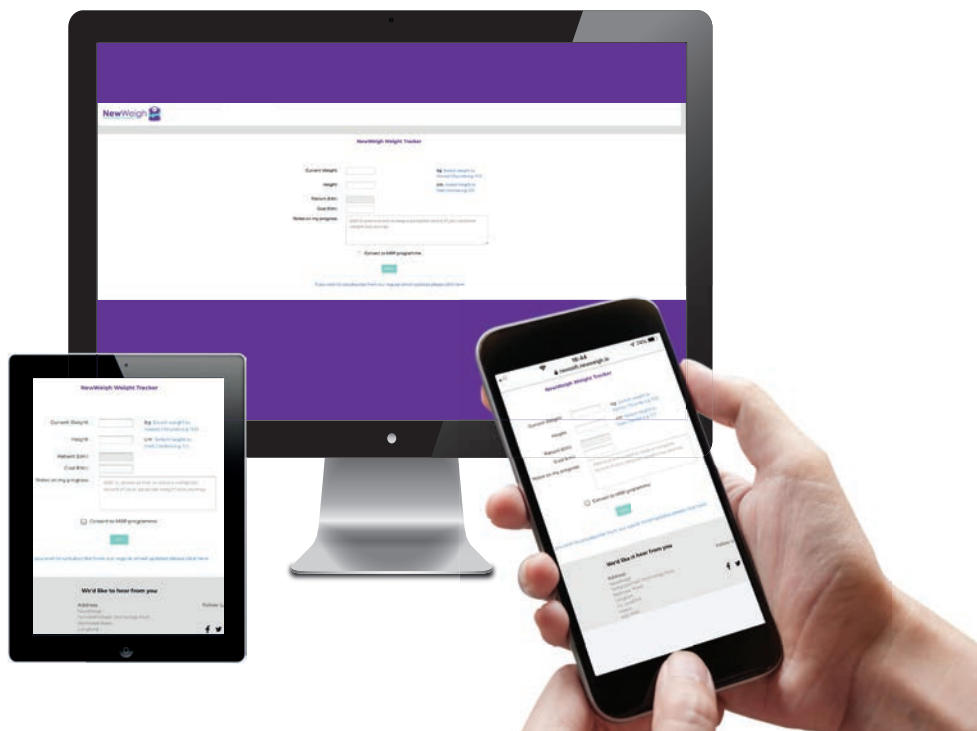
BREAKFAST	7am
	8am
	9am
LUNCH	10am
	11am
	12am
EVENING	1pm
	2pm
	3pm
	4pm
	5pm
	6pm
	7pm
	8pm
	9pm
	10pm
	11pm

Water: ☐☐☐☐☐☐☐☐ 2 litres per 24hrs (Never more than 4L)

Track your weight



Tracking your weight on the NewWeigh website lets you see the results. We will send you your weight loss graph with your BMI each week. It's confidential and a great way to keep you on track.



“ ... I'm a big believer in NewWeigh, I was somebody caught in bad habits and I needed structure to simply follow and change, and NewWeigh was an incredible kickstart for me personally, first of all getting rid of some problem weight and changing my lifestyle. The health benefits for patients are obvious and they are also happier about the way they feel. ”

**Jonathon Morrissey, award-winning Pharmacist,
Marrons Pharmacy, Kildare**

Shopping and food tips

**Tips from
the experts at
NewWeigh**

- ✓ Drinking water is important! (Sip 2-4 litres per 24 hours)
- ✓ Read food labels carefully
- ✓ Use NewWeigh Meal Replacement Plan foods
- ✓ Keep a Food Diary - Write it before you eat it!
- ✓ Try Low Glycaemic Index (GI) Foods
- ✓ 1lb of body fat = 3500 Calories



Tips when shopping

- Plan meals and make a list
- Don't shop when hungry
- Choose carefully. Take the time to read and compare labels
- Don't impulse buy
- Look for high salt on the label
- Check for a low fat version on the shelf

Tips on portion size

- Check the portion size on packs
- Use a smaller plate
- Don't finish left overs
- Don't pick between meals
- Bring a packed lunch so you know the calorie content

Food diary tips

- Fill in your food diary before you eat
- Measure your portion size
- Write down your intake of water

Tips when cooking

- Boil, steam or bake (without salt)
- Avoid frying and remove all skin
- Don't eat whilst cooking or preparing meals
- Use 1 Cal Spray
- Cook with foods marked in green in the food guide

Tips on alcohol

- Alcohol is very high in calories
- Stick to diet mixers
- Alcohol blunts your willpower
- Pint of Cider = approx. 230 Calories
- Bottle of Wine = approx. 680 Calories

Tips for eating out

- Choose two courses only
- Avoid bread and alcohol before a meal
- Plan how many alcohol measures you intend to drink or be the designated driver
- If you have a large, high-calorie meal, restrict calories during the next few days to compensate
- Pick a low fat option on the menu
- Avoid sauces as they tend to be high-calorie
- If you didn't cook it, you don't know what's in it!
- Drink water before and with your meal



*Drinking water
is important!
Sip 2-4 litres per
24 hours*

Drinking water

- Try to sip 2 litres (4 pints) of water per 24 hrs. Hunger can be just thirst, so drink plenty
- Drink a glass of water with meals

Read the label carefully

Just because the label says 'low fat', 'healthy option', 'reduced fat', etc., doesn't mean that it is. Packaging can be very misleading.

Low GI Foods

Low GI Foods tend to be filling and not cause cravings e.g. NewWeigh Meal Replacement Plan (MRP) foods:

Very Vanilla, Smooth Chocolate, Summer Strawberry shakes; Bakewell, Dark Chocolate Orange and Fruity Oat & Seed Breakfast Bars; and a Creamy Vegetable Soup.

Other examples are: vegetables, brown bread, oats, brown pasta, basmati rice, beans and pulses, fish, low fat yogurts, lean meat & poultry, salad, high fibre foods, low fat dairy products, water and diet drinks.

Be aware some foods which are low GI can still be high fat, high sugar and high-calorie, e.g. nuts, fruit and fruit juices.

Tips to keep cravings away

Losing weight and maintaining a stable weight is very difficult. This is often due to cravings (insulin resistance). Your intentions are good, but keeping your calorie intake down is a struggle. Losing a significant amount of weight will help and following the tips below will keep you on track.



Dieting retrains your taste buds. If you keep away from sweet, fatty and salty foods you won't develop a taste for them again.

Avoid the problem foods that triggered your poor eating habits in the past.

Sip 2 litres of water per day - often you think you are hungry but water will make the hunger go away



Only eat 3 times a day by the clock. The more often you eat the hungrier you will be!



Eat some low Glycaemic Index (GI) foods at each meal



Regular pharmacy weigh-ins, supervision and support really work

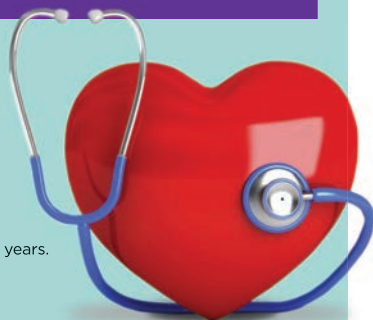
If you return to your old habits you will start to regain weight and the cravings will return.



- Exercise is good for your mental and physical health.
- Regular exercise will help with your weight maintenance, but won't compensate for excess calories.
- Build up to 30 minutes of moderate intensity aerobic exercise* at least 5 times a week e.g. walking, dancing, gardening, hiking, swimming, cycling, sport.
- If you feel pain, dizziness or nausea during exercise you must stop and consult your doctor.
- Prevention really is better than cure. So try to quit smoking, drink alcohol only in moderation and take regular exercise.

Please Note: If you haven't exercised for a while or have health problems e.g. blood pressure or diabetes, consult your doctor or chartered physiotherapist who can assess you and advise on a personal exercise plan.

*World Health Organisation Physical Activity Guidelines for adults 18 - 64 years.



Fibre is good for you!

Fibre is important for digestive health, reduces your risk of developing some diseases and helps your weight control.

Fibre comes in 2 forms:

INSOLUBLE FIBRE

(also known as roughage) bulks up stools and prevents constipation.

Foods rich in insoluble fibre: **wheat bran, all bran, whole grains, popcorn, flaxseed, oatmeal, rye bread, rolled oats, beans, lentils, beetroot, chickpeas, parsnips, peas, turnip, soybeans, sweet potatoes, potatoes with skin, cabbage, apples, raspberries, figs, kiwi fruit, mangoes, bananas, pears and strawberries.**

SOLUBLE FIBRE

helps keep stools soft and moist, making them easier to pass. It can reduce cholesterol and encourage beneficial gut bacteria.

Foods rich in soluble fibre: **oat bran, oatmeal, brown rice, flaxseed, plantain, artichokes, kidney beans, brussel sprouts, asparagus, broccoli, onions, carrots, blackberries, oranges, grapefruit, apricots, mangoes and prunes.**

The recommended daily fibre intake is 25-35g for adults. Increase your fibre intake gradually over a couple of weeks to avoid excess wind.

An easy way to 'top up' your daily fibre is to take one or two 5ml teaspoons of **Fibremore** daily. Each 5g of **Fibremore** contains 4.5g of soluble fibre. The powder has no taste and mixes easily in any food or drink.



Making good food choices – expert advice from NewWeigh

Foods listed are per 100ml or 100g unless otherwise stated

Example 1

Mayonnaise

Information Per 100ml
Typical Values

	BAD CHOICE	GOOD CHOICE
	Full Fat Product	LowFat Version
Energy	668kcal	75 kcal
Protein	15g	0.6g
Carbohydrate	1.4 g	11.4g
Fat	73.2g	3.0g

Example 2

Yogurt

Information Per 100ml
Typical Values

	BAD CHOICE	GOOD CHOICE
	Full Fat Product	LowFat Version
Energy	156kcal	29 kcal
Protein	3.7g	3.0g
Carbohydrate	14.3g	14.2g
Fat	2.6g	0.7g

Always choose the low fat, low-calorie option!

What to look for

Fat Content

- How many grams of fat in the recommended serving?
- Aim to only eat foods containing less than 3g of fat per 100g.
- Eat less than 50g of fat daily.

Calorie Content

- How many calories are in the pack?
- Check how many calories are in a single portion.

Number of Portions

- Check how many portions/servings are in each pack as there may be more than one.

Food Labels

- Labels can be misleading. Just because the label says 'low fat', 'healthy option' or 'reduced fat', etc., doesn't mean that this is a healthy choice.

The Guide

- Females use around 2000 Calories per day but males use 2500 Calories per day (average).
- High fat/calorie foods are included in the list for comparison only.
- Use the guide to judge how many calories are in the serving, for example, you would eat 100g of banana (as it is the weight of an average banana), but you would not eat 100g of ketchup.

The better food choices are marked in green.

Biscuits/Pastry/Cakes	Fat	kcal
Cream Crackers (1 = 1.1g Fat, 34kcal)	13.4	428
Ryvita Original (1 = 0.2g Fat, 32kcal)	1.7	317
Rice Cakes Wholegrain Kallo Organic (1 = 0.2g Fat, 28kcal)	2.8	372
Digestive Milk Chocolate (1 = 4.1 Fat, 85kcal)	24.4	495
Digestives (1 = 3.1g Fat, 70kcal)	21.3	470
Fig Roll (1 = 1.3g Fat, 60kcal)	7.7	355
Rich Tea Biscuits (1 = 1.3 Fat, 38kcal)	15.5	453
Shortbread Fingers (1 = 5g Fat, 95kcal)	28.2	515
Crumpets (1 (no spread) = 0.5g Fat, 75kcal)	1.2	175
Pancake Scotch (1 = 3g Fat, 114kcal)	7.8	275
Pastry Flaky cooked	41	564
Pastry Shortcrust cooked	32	500
Scones Brown Plain	5.7	254
Scones Fruit	6.8	288
Bread	Fat	kcal
Bagels (1 bagel = 1.9g Fat, 255kcal)	1.6	216
Bread Typical Multigrain (per slice = 1.3g Fat, 110kcal)	3.3	275
Bread Typical White (per slice = 0.56g Fat, 87kcal)	1.4	219
Bread Typical Wholegrain (per slice = 0.57g Fat, 79kcal)	1.5	207
Ciabatta	1.5	243
Poppadom (1 = 1.9g Fat, 44kcal)	18.6	442

Pitta Bread Wholemeal (1 pitta = 1.5g Fat, 145kcal)	2.5	245
Wheat Flour Brown	2	324
Plain Flour White	1.3	341
Self Raising Flour White	1.2	330
Wholemeal Flour	2.2	310
Breakfast Cereals (no milk)	Fat(g)	kcal
Bran Flakes	3.5	280
Coco Pops	3	387
Cornflakes	0.9	372
Frosties Flakes	0.6	371
Fruit and Fibre Cereal	6	358
Porridge Oats	6	299
Rice Crispies	1	381
Wheat Biscuit (2 biscuits = 0.8g Fat, 127kcal)	2	238
Drinks & Beverages	Fat(g)	kcal
Chocolate Drink (whole milk)	4	90
Coffee Black	0	Tr
Tea Black	0	Tr
Cola	0	42
Diet Cola	0	0
Orangeade/Lemonade	0	54
Tonic Slim	0	2
Orange Squash	0	14
Apple Juice	0	45
Cranberry	0	61
Grape	0.1	46
Grapefruit	0.1	33
Orange Juice Concentrate	0	39
Pineapple	0.1	41
Tomato	Tr	14
Cheese	Fat(g)	kcal
Cheese Red/White Cheddar	32	390
Cottage Cheese Light	1.9	79

Calorie and fat content per 100ml or 100g

Feta	23	275
Cheese Spread	19	239
Mozzarella	17	229
Parmesan	28.4	392
Quark	0.2	69
Ricotta	10.7	135
Eggs	Fat(g)	kcal
Egg (1 x medium = 6.5g Fat, 90kcal)	11.2	151
Fats & Oil (All high in calories)	Fat(g)	kcal
Butter Block	81	734
Butter Spreadable	73	662
Butter Spreadable Light	38	354
Coconut Oil	99.9	899
Cooking Oil	74	660
Light Spray <small>useful for coating a pan/baking tray (1 spray = 1kcal)</small>	55.2	522
Lard	100	900
Olive Oil	99.9	900
Peanut Butter	48.9	601
Rapeseed Oil	99.9	900
Margarine Light	38	354
Margarine	59	531
Sunflower Oil	99.9	900
Vegetable Oil	99.9	900
Ice Cream & Puddings	Fat(g)	kcal
Custard Full Fat (Whole Milk)	14	200
Custard Low Fat	2	105
Frozen Yogurt	2.3	139
Ice Cream Dairy Vanilla	9.8	177
Jelly Strawberry	0	6
Milk	Fat(g)	kcal
Coconut Milk	0.3	22
Semi-Skimmed Milk	1.7	46
Skimmed Milk	0.2	32
Whole Milk	3.9	66
Soya Milk	1.6	26
Yogurts	Fat(g)	kcal
Strawberry Low Fat	0.1	29
Strawberry	1.2	72

Fromage Fraise Strawberry	2.9	100
Yogurt Greek Style	10	127
Fish	Fat(g)	kcal
Cod Fillet Breaded Oven Baked	8	185
Cod Fillet Baked	0.4	80
Cod Frozen Fish Fingers (3 grilled = 8g Fat, 190kcal)	9.5	222
Cod Frozen Fillets (1 x fillet = 5.6g Fat, 140kcal)	0.4	72
Crab	5	130
Haddock Breaded	10	196
Halibut	2	120
Herring, Grilled	11	180
Kipper, Grilled	19	255
Mackerel, Grilled	17	230
Plaice Breaded	13	220
Plaice in Batter	16.5	250
Plaice Steamed	1.5	92
Prawn Cocktail	31.4	335
Prawns Cooked & Peeled	0.4	65
Salmon Fillets Fresh	15.7	225
Salmon Smoked	12.8	224
Scampi Breaded Frozen	8.6	185
Trout Fresh Grilled	5.4	135
Tuna Steak in Brine	0.5	113
Tuna Steaks in Sunflower Oil	9	190
Fruit	Fat(g)	kcal
(If fruit makes you hungry, eat before bed time only)		
Apples	0.1	45
Apricots	0.1	31
Avocado	19.5	131
Bananas between 90-140 Calories	0.3	95
Blackberries	0.2	25
Blackcurrants	Tr	28
Cherries	0.1	48
Currants	0.4	267
Dates dried	0.2	270
Dates raw	0.1	48
Figs	1.6	227
Figs dried	1.5	209
Gooseberries Raw	0.4	19

Calorie and fat content per 100ml or 100g

Grapefruit	0.1	30
Grapes	0.1	60
Kiwi Fruit	0.5	49
Mangoes	0.2	57
Melon Canteloupe	0.1	19
Oranges	0.1	37
Peaches	0.1	33
Pears	0.1	40
Pineapple	0.2	41
Plums	0.1	79
Prunes In Syrup	0.2	90
Prunes Ready to Eat	0.4	141
Raisins	0.4	272
Raspberries	0.3	25
Rhubarb	0.1	7
Satsumas	0.1	36
Strawberries	0.1	27
Tangerines	0.1	35
Watermelon	0.3	31
Meat Products	Fat(g)	kcal
Bacon Back	10.4	165
Bacon Streaky	21.4	260
Bacon Thick Cut	10.4	165
Beef Lean Trimmed	4	220
Beef Minced	13.7	205
Brussels Pork Pate	33	360
Chicken Breast Grilled (no skin)	2.2	148
Chicken Breast Roasted (no skin)	7.5	177
Chicken Skin Dry Roasted/Grilled	45	480
Chicken Slices	1.4	106
Duck Meat/Fat	38.1	423
Ham Boiled	12.3	204
Ham Deli Style	2.1	107
Lamb Lean with Fat	29	367
Lamb Loin Chops	22	305
Liver Lamb Fried	12.9	237
Pork Lean and Trimmed	10	215
Pork Loin Chops	15	257
Pudding Black	11.4	233
Pudding White	8.2	175
Salami Italian	27	360
Sausages (1 = 7.5g Fat, 100kcal)	22	292

Turkey Breast No Skin	4.6	166
Turkey Skin Dry Roasted/Grilled	40.2	481
Turkey Slices	1	113
Veal Fried	6.8	196
Vegetables – Potato	Fat(g)	kcal
Chips Fried (Chip Shop)	12.4	239
Chips Oven Crispy French Fries	10.9	270
French Fries (Chip Shop)	15.5	280
New Potato	0.3	75
Waffle Frozen (1 = 5g Fat, 105kcal)	8.7	175
Potatoes Baked (no filling)	0.2	136
Roast Potatoes in Oil	4.5	189
Sweet Potato	0.3	84

Beans/Lentils	Fat(g)	kcal
Baked Beans Tin	0.4	90
Broad Beans	0.6	81
Butter Beans	0.5	77
Chick Peas	2.9	115
Green Beans/French Beans	0.5	24
Kidney Beans	0.5	103
Lentils boiled in water	0.7	105
Runner Beans	0.4	22
Tofu Steamed	4	70

General Vegetables	Fat(g)	kcal
Asparagus Boiled	0.8	26
Aubergine Fried	31.9	302
Beetroot Pickled	0.2	28
Brussels Sprouts Boiled	1.3	35
Cabbage	0.4	26
Carrots	0.3	35
Cauliflower	0.9	34
Celery	0.2	7
Courgette	0.4	18
Cucumber	0.1	10
Leeks	0.5	22
Lettuce	0.5	14
Mange Tout	0.2	32
Mushrooms Raw	0.5	13
Mushrooms Fried in Butter	16.2	157
Onion Raw	0.2	38

Calorie and fat content per 100ml or 100g

Onions Fried	11	220
Parsnip	1.1	64
Peas	1.6	79
Peppers Medium	0.4	22
Processed Peas	0.7	99
Quorn	3.2	92
Radish	0.2	12
Shallots	0.2	20
Spinach boiled	0.8	19
Spring Onions	1	33
Swede	0.3	24
Sweetcorn Canned	0.4	23
Sweetcorn On the Cob	2.3	111
Tomatoes	0.3	18
Tomatoes Cherry	0.3	18
Turnip	0.3	23
Watercress	1	22
White Cabbage	0.2	27
Yam	0.3	114

Sugar & Preserves	Fat(g)	kcal
Honey Clear	0	330
Jam Strawberry	0	244
Marmalade	Tr	263
Beef Spread	0.1	252
Chocolate Spread	31	530
Sugar White (18 Calories, heaped tsp)	0	394
Syrup Golden	0	298
Treacle Black	0	257

Chocolate Snacks	Fat(g)	kcal
Dairy Milk (53g = 15g Fat, 280kcal)	29.9	525
Fruit & Nut (51g = 13g Fat, 255kcal)	27.1	495
Whole Nut (49g = 17g Fat, 265kcal)	34.7	540

Savoury Snacks/Nuts	Fat(g)	kcal
Brazil Nut	68.2	685
Cashew Nut	48.8	635
Chestnuts	2.5	170
Hazelnuts	62	655
Macadamia	77	748
Peanuts Dry Roasted	5.9	571
Peanuts Original Salted	49	590

Pecan Nuts	70.1	695
Pine Nuts	68	690
Pistachio Nuts	46	610
Sesame Seeds	58	615
Sunflower Seeds	47.5	585
Walnuts	68.5	690
Crisps Cheese & Onion (1 x 37g bag = 12.7g Fat, 192kcal)	34.3	519
Corn Chips	27	500
Popcorn Toffee	10	415
Popcorn Natural (1 x 15g bag = 2.2g Fat, 68kcal)	14.5	451
Popcorn Microwave	30	504
Prawn Crackers	30.4	520

Rice & Pasta	Fat(g)	kcal
Fresh Egg Tagliatelle	1.3	170
Fresh Penne Plain Pasta	1.7	165
Noodles Egg Cooked	0.5	62
Noodles Pot Chinese Chow Mein (1 x pot = 13.5g Fat, 376kcal)	4.4	123
Rice Long Grain Easy Cook	1.5	355
Rice White Basmati	1	350
Brown Rice	1	110
Spaghetti Wholemeal Cooked	0.9	160

Note: Suggested portion size 75g

Sauces & Sides	Fat(g)	kcal
There may be as many calories in sauces and sides as the rest of the sandwich/meal.		
Pickle	0.2	109
Brown Sauce	0	119
Sandwich Country Relish	Tr	173
Coleslaw	27.9	280
Coleslaw Low Fat	10	140
Gravy Granules (100ml serving)	1.2	30
Mayonnaise Extra Light	3	75
Mayonnaise Full Fat	73.2	668
Mayonnaise Light	26.7	271
Potato Salad	18.4	223
Tomato Ketchup Reduced Salt & Sugar	0.1	75
Horseradish Sauce	6	112
Mint Sauce	0.2	21

Seafood Sauce	22.2	290
Tartare Sauce	23	284
Stuffing Sage & Onion Ready to Serve	13.2	271
Balsamic Vinegar	0	155
Guacamole Dip	21	210
Hummus Dip	26.8	310
Olives Garlic	13	129
Salsa Tomato Dip	1.9	48
Soured Cream & Chive Dip	27	280

Soups	Fat(g)	kcal
Carton Cream of Chicken	3.5	57
Carton Creamy Potato & Leek	1.9	45
Carton Low Fat Vegetable	0.6	33
Soup Chicken	2.9	51
Soup Mushroom	2.8	52
Soup Tomato	3	57

Alcohol	Fat(g)	kcal
Irish Cream	13	327
Bitter (1 pint = 182kcal)	0	32
Bottle of Lager Light	0	110
Bottle of Lager	1.3	145
Champagne	0	76
Cider Sweet (Pint = 230kcal)	0	42
Gin	0	208
Stout (1 pint = 170kcal) (1 x 500ml can = 180kcal)	0	36
Port	0	157
Rum	0	222
Ale (500ml can = 0g Fat, 150kcal)	0	30
Vodka	0	208
Whiskey	0	222
Wine (1 x Qtr bottle, 187.5ml = 680kcal) (1 x bottle approx. 680kcal)	0	78

Tr = Trace Amounts

1 kcal = 1 Calorie

Off the Menu

Foods to be avoided

- Chocolate
- Biscuits/Cake
- Pizza
- High fat cheese
- Cream
- Gravy/Sauces
- Butter
- Lard
- Nuts (except chestnuts)
- Alcohol
- Kebabs
- Burgers
- Battered food
- Curries
- Chips
- Crisps
- Oils (olive, vegetable)
- Skin on fish and chicken
- Non-diet drinks & fruit juices
- Deep fried food

BMI Body Mass Index

Weight(kg)
Height x Height(m)

			Ft	4'6"	4'7"	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"
			m	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.58	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88
St	lb	kg	SUPER SUPER MORBID OBESE										SUPER MORBID OBESE				MORBID OBESE				SUPER OBESE			
20	7	130	69.3	66.3	64.5	61.8	60.2	57.8	56.3	54.1	52.1	50.8	48.9	47.8	46.1	45.0	43.4	42.4	41.0	40.1	38.8	38.0	36.8	
20	2	128	68.2	65.3	63.5	60.9	59.2	56.9	55.4	53.3	51.3	50.0	48.2	47.0	45.4	44.3	42.8	41.8	40.4	39.5	38.2	37.4	36.2	
19	12	126	67.1	64.3	62.5	59.9	58.3	56.0	54.5	52.4	50.5	49.2	47.4	46.3	44.6	43.6	42.1	41.1	39.8	38.9	37.6	36.8	35.6	
19	7	124	66.1	63.3	61.5	59.0	57.4	55.1	53.7	51.6	49.7	48.4	46.7	45.5	43.9	42.9	41.4	40.5	39.1	38.3	37.0	36.2	35.1	
19	3	122	65.0	62.2	60.5	58.0	56.5	54.2	52.8	50.8	48.9	47.7	45.9	44.8	43.2	42.2	40.8	39.8	38.5	37.7	36.4	35.6	34.5	
18	13	120	63.9	61.2	59.5	57.1	55.5	53.3	51.9	49.9	48.1	46.9	45.2	44.1	42.5	41.5	40.1	39.2	37.9	37.0	35.8	35.1	34.0	
18	8	118	62.9	60.2	58.5	56.1	54.6	52.4	51.1	49.1	47.3	46.1	44.4	43.3	41.8	40.8	39.4	38.5	37.2	36.4	35.2	34.5	33.4	
18	4	116	61.8	59.2	57.5	55.2	53.7	51.6	50.2	48.3	46.5	45.3	43.7	42.6	41.1	40.1	38.8	37.9	36.6	35.8	34.6	33.9	32.8	
17	13	114	60.7	58.2	56.5	54.2	52.8	50.7	49.3	47.5	45.7	44.5	42.9	41.9	40.4	39.4	38.1	37.2	36.0	35.2	34.0	33.3	32.3	
17	9	112	59.7	57.1	55.5	53.3	51.8	49.8	48.5	46.6	44.9	43.8	42.2	41.1	39.7	38.8	37.4	36.6	35.3	34.6	33.4	32.7	31.7	
17	5	110	58.6	56.1	54.6	52.3	50.9	48.9	47.6	45.8	44.1	43.0	41.4	40.4	39.0	38.1	36.8	35.9	34.7	34.0	32.8	32.1	31.1	
17	0	108	57.5	55.1	53.6	51.4	50.0	48.0	46.7	45.0	43.3	42.2	40.6	39.7	38.3	37.4	36.1	35.3	34.1	33.3	32.2	31.6	30.6	
16	10	106	56.5	54.1	52.6	50.4	49.1	47.1	45.9	44.1	42.5	41.4	39.9	38.9	37.6	36.7	35.4	34.6	33.5	32.7	31.7	31.0	30.0	
16	5	104	55.4	53.1	51.6	49.5	48.1	46.2	45.0	43.3	41.7	40.6	39.1	38.2	36.8	36.0	34.7	34.0	32.8	32.1	31.1	30.4	29.4	
16	1	102	54.3	52.0	50.6	48.5	47.2	45.3	44.1	42.5	40.9	39.8	38.4	37.5	36.1	35.3	34.1	33.3	32.2	31.5	30.5	29.8	28.9	
15	11	100	53.3	51.0	49.6	47.6	46.3	44.4	43.3	41.6	40.1	39.1	37.6	36.7	35.4	34.6	33.4	32.7	31.6	30.9	29.9	29.2	28.3	
15	6	98	52.2	50.0	48.6	46.6	45.4	43.6	42.4	40.8	39.3	38.3	36.9	36.0	34.7	33.9	32.7	32.0	30.9	30.2	29.3	28.6	27.7	
15	2	96	51.1	49.0	47.6	45.7	44.4	42.7	41.6	40.0	38.5	37.5	36.1	35.3	34.0	33.2	32.1	31.3	30.3	29.6	28.7	28.0	27.2	
14	11	94	50.1	48.0	46.6	44.7	43.5	41.8	40.7	39.1	37.7	36.7	35.4	34.5	33.3	32.5	31.4	30.7	29.7	29.0	28.1	27.5	26.6	
14	7	92	49.0	46.9	45.6	43.8	42.6	40.9	39.8	38.3	36.9	35.9	34.6	33.8	32.6	31.8	30.7	30.0	29.0	28.4	27.5	26.9	26.0	
14	2	90	48.0	45.9	44.6	42.8	41.6	40.0	39.0	37.5	36.1	35.2	33.9	33.1	31.9	31.1	30.1	29.4	28.4	27.8	26.9	26.3	25.5	
13	12	88	46.9	44.9	43.6	41.9	40.7	39.1	38.1	36.6	35.3	34.4	33.1	32.3	31.2	30.4	29.4	28.7	27.8	27.2	26.3	25.7	24.9	
13	8	86	45.8	43.9	42.7	40.9	39.8	38.2	37.2	35.8	34.4	33.6	32.4	31.6	30.5	29.8	28.7	28.1	27.1	26.5	25.7	25.1	24.3	
13	3	84	44.8	42.9	41.7	40.0	38.9	37.3	36.4	35.0	33.6	32.8	31.6	30.9	29.8	29.1	28.1	27.4	26.5	25.9	25.1	24.5	23.8	
12	13	82	43.7	41.8	40.7	39.0	37.9	36.4	35.5	34.1	32.8	32.0	30.9	30.1	29.1	28.4	27.4	26.8	25.9	25.3	24.5	24.0	23.2	
12	8	80	42.6	40.8	39.7	38.0	37.0	35.6	34.6	33.3	32.0	31.3	30.1	29.4	28.3	27.7	26.7	26.1	25.2	24.7	23.9	23.4	22.6	
12	4	78	41.6	39.8	38.7	37.1	36.1	34.7	33.8	32.5	31.2	30.5	29.4	28.7	27.6	27.0	26.1	25.5	24.6	24.1	23.3	22.8	22.1	
12	0	76	40.5	38.8	37.7	36.1	35.2	33.8	32.9	31.6	30.4	29.7	28.6	27.9	26.9	26.3	25.4	24.8	24.0	23.5	22.7	22.2	21.5	
11	9	74	39.4	37.8	36.7	35.2	34.2	32.9	32.0	30.8	29.6	28.9	27.9	27.2	26.2	25.6	24.7	24.2	23.4	22.8	22.1	21.6	20.9	
11	5	72	38.4	36.7	35.7	34.2	33.3	32.0	31.2	30.0	28.8	28.1	27.1	26.4	25.5	24.9	24.1	23.5	22.7	22.2	21.5	21.0	20.4	
11	0	70	37.3	35.7	34.7	33.3	32.4	31.1	30.3	29.1	28.0	27.3	26.3	25.7	24.8	24.2	23.4	22.9	22.1	21.6	20.9	20.5	19.8	
10	10	68	36.2	34.7	33.7	32.3	31.5	30.2	29.4	28.3	27.2	26.6	25.6	25.0	24.1	23.5	22.7	22.2	21.5	21.0	20.3	19.9	19.2	
10	6	66	35.2	33.7	32.7	31.4	30.5	29.3	28.6	27.5	26.4	25.8	24.8	24.2	23.4	22.8	22.1	21.6	20.8	20.4	19.7	19.3	18.7	
10	1	64	34.1	32.7	31.7	30.4	29.6	28.4	27.7	26.6	25.6	25.0	24.1	23.5	22.7	22.1	21.4	20.9	20.2	19.8	19.1	18.7	18.1	
9	11	62	33.0	31.6	30.7	29.5	28.7	27.6	26.8	25.8	24.8	24.2	23.3	22.8	22.0	21.5	20.7	20.2	19.6	19.1	18.5	18.1	17.5	
9	6	60	32.0	30.6	29.8	28.5	27.8	26.7	26.0	25.0	24.0	23.4	22.6	22.0	21.3	20.8	20.0	19.6	18.9	18.5	17.9	17.5	17.0	
9	2	58	30.9	29.6	28.8	27.6	26.8	25.8	25.1	24.1	23.2	22.7	21.8	21.3	20.5	20.1	19.4	18.9	18.3	17.9	17.3	16.9	16.4	
8	12	56	29.8	28.6	27.8	26.6	25.9	24.9	24.2	23.3	22.4	21.9	21.1	20.6	19.8	19.4	18.7	18.3	17.7	17.3	16.7	16.4	15.8	
8	7	54	28.8	27.6	26.8	25.7	25.0	24.0	23.4	22.5	21.6	21.1	20.3	19.8	19.1	18.7	18.0	17.6	17.0	16.7	16.1	15.8	15.3	
8	3	52	27.7	26.5	25.8	24.7	24.1	23.1	22.5	21.6	20.8	20.3	19.6	19.1	18.4	18.0	17.4	17.0	16.4	16.0	15.5			
7	12	50	26.6	25.5	24.8	23.8	23.1	22.2	21.6	20.8	20.0	19.5	18.8	18.4	17.7	17.3	16.7	16.3	15.8	15.4				
15 - 20 Underweight			20 - 25 Healthy										25 - 30 Overweight					30 - 35 Obese						
35 - 40 Super Obese			40 - 45 Morbid Obese										45 - 50 Super Morbid Obese					50+ Super Super Morbid Obese						

Name: Date:

Starting BMI: Weight: Target BMI: Weight:



Health benefits

Improve my blood pressure,
help my type 2 diabetes,
asthma, or indigestion

Help increase my fertility

Reduce my joint pain

Prepare for my
operation



Activity benefits

Play sport again

Climb the stairs easily

Play with grandchildren

Walk to the shops

Run a 5K or
marathon



What's your weight loss goal?



Lifestyle benefits

Improve my self-confidence

Look great for a wedding

Fit back into my smaller
clothes

Sleep well



What's your motivation?

Better health

Better lifestyle

Special occasion

Holiday

Get in touch with our team for help and advice

NewWeigh
Medical Weight Management



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