

Food Rules

Five small meals per day

Small snack at night

- Bread: – strictly multigrain
- Reduce: alcohol
- Minimise: cheese, chocolate, chips (hot & crisps)

Eat:

- Fruit
- Vegetables
- Foods low in animal fat (such as dripping, sausages, cheese) where possible
- High Density cholesterol (HDL) foods are better than LDL because they clear the LDL out of the bloodstream
- High protein/low fat where possible
- Low GI/high protein will leave you more satisfied