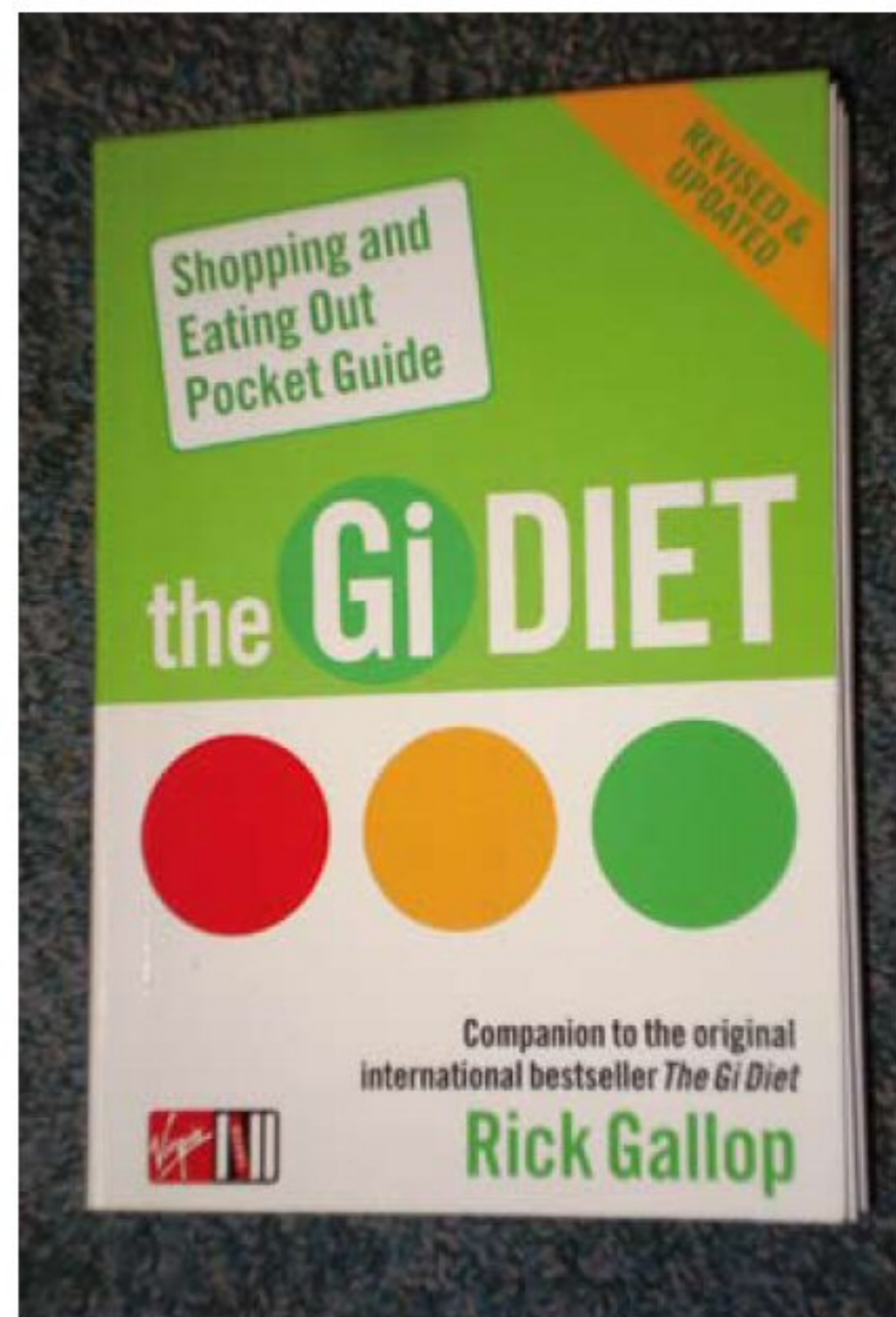


# Tools for Maintenance:

## *A Life Long Achievement*



For many, the actual weight loss element of your weight loss journey can be the easiest part (this is often viewed in hindsight of course) and it is maintenance that can cause the most worry, especially as for many this can require a whole new approach to dealing with food.

When moving on to Cambridge's maintenance stage many dieters are worried about controlling their portion sizes and getting a balanced diet, including all their nutrition.

One good lifelong healthy eating programme that could help is the 'G.I' plan. This doesn't deprive you of any food groups because your body needs a little of bit of everything to survive, including fat!

The G.I plan encourages you to make the correct choices within each food group. High G.I. foods break down quite quickly and leave you looking for the next food fix after a relatively short period, whereas Low G.I. foods break down more slowly and leave you feeling fuller for longer.

The food required also tends to have much better all-round goodness within it, i.e. wholemeal seeded bread instead of plain white bread.

For more information please visit: [www.gidiet.com](http://www.gidiet.com)

Knowing what food to eat is only part of the equation, having copious amounts of low G.I foods is not going to keep you slim! Portion control is equally important and can often be quite confusing.

To help make it a little easier, 'the diet plate' has been created to help people understand portion control by breaking down each food group into sections or portions.

While you wouldn't necessarily need to use this for life, it does help to visualise what a 'balanced' meal should look like and what size a portion generally is. It's hard to visualise a 150g salmon fillet without actually seeing it and the space it takes up on an average plate.

It is also important to remember that you don't need all the food groups in one meal – it is the accumulation of balanced meals and snacks throughout the day that is required to ensure you have your Recommended Daily Allowances (RDA's).

### A basic GI shopping guide

#### Vegetables

High	Medium	Low
Parsnips	Beetroot	Carrots
Mashed potatoes	Boiled potatoes	Broccoli
Swede	Pumpkin	Cabbage (all)

#### Fruit

High	Medium	Low
Honeydew melon	Bananas	Oranges
Watermelon	Pineapple	Apples
Cantaloupe melon	Apricots	Plums

#### Breads

High	Medium	Low
Baguettes	Wholemeal pitta	Wholegrain high fibre bread (2.5+ of fibre per slice)
Croissants	Wholemeal tortillas	100% stoneground wholemeal bread
Crumpets	Rye	High fibre crispbreads

#### Meat

High	Medium	Low
Minced beef	Lean mince	Extra lean mince
Sausages	Fresh ham	Pork tenderloin
Chicken with Skin	Turkey sausages	Chicken breast – no skin

#### Fish

High	Medium	Low
Tinned fish in Oil	Salt cod	Tinned fish in water
All breaded fish	Seafood salad	All fresh fish
Breaded scampi		Scallops

# A basic eating out G.I guide

## Italian

High	Medium	Low
Fried calamari	Mussels in wine (no cream)	Grilled prawns/ scallops
Garlic bread	Thin crust pizza – no cheese	Grilled fish/ chicken
Pasta filled with meat/ cheese and/or with cream/cheese sauces	Roast/braised lamb	Pasta with seafood in tomato sauces

## Chinese

High	Medium	Low
Chow mein	Beef in black bean sauce	Hot & sour soup
Dumplings/spring rolls	Plain noodles	Steamed seafood, vegetable, tofu
Sweet & sour dishes	Meat with veg (little oil)	Cellophane noodles

## Indian

High	Medium	Low
Naan / Pakoras	Baked chapatti	Chicken tikka
Chicken korma	Prawn madras	Chicken/fish saag
Lamb rogan josh		Chicken vindaloo