

The lean plan : getting your diet in control / Findus, Family Heart Association, Nestlé UK Ltd. ; produced by Pielle Public Relations.

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HOW TO USE THE LEAN PLAN

The Lean Plan is based on three meals a day plus a daily milk allowance. The meals may be taken at any time and in whatever order you like. We have listed a wide variety of options, so try to vary your menu each day for an interesting and balanced diet.

(Those items highlighted in green are extra amounts to bring calorie levels up to the daily allowance for men.)

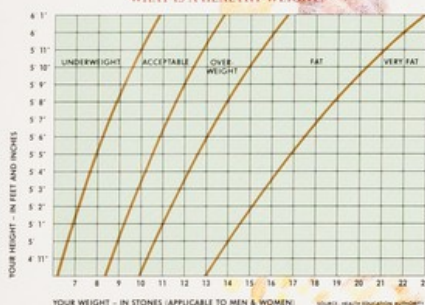
CHOOSING YOUR CALORIE LEVEL

The Lean Plan provides sensible calorie levels for men and women. It's a fact that, in general, men have higher energy requirements and therefore need more calories than women.

Daily amounts are as follows:

	DAILY CALORIE INTAKE
Women	1200
Men	1600

WHAT IS A HEALTHY WEIGHT?



DRINKS

You can drink unlimited water - this helps to flush the system and take the edge off your appetite. No more than one fizzy calorie-free diet drink a day is recommended.

MILK ALLOWANCE FOR MEN & WOMEN

200 CALORIES.
1pt/570ml skimmed or 3/4pt/430ml semi-skimmed for use on cereal, in coffee, tea or to drink.

FREE FOODS

You may eat as many of the free foods listed below as you like. Add them to your meals to make them more interesting and filling.

Artichokes, Asparagus, Bean sprouts, Beetroot, Broccoli, Brussels sprouts, Cabbage, Carrots, Cauliflower, Celery, Chicory, Chinese leaves, Courgettes, Cress, Cucumber, Endive, Fennel, French Beans, Leeks, Lettuce, Marrow, Mushrooms, Onions, Parsnips, Peas, Peppers, Radishes, Runner beans, Spinach, Spring greens, Swede, Tomatoes, Turnips, Watercress.

DRESSINGS / FLAVOURINGS

To bring flavour to different dishes use as much vinegar, lemon juice, herbs and spices, and stock (prepared from a stock cube) as you like. One tablespoon of Worcestershire sauce or oil free dressing contains a mere 10 Calories and light soy sauce only 5 Calories.

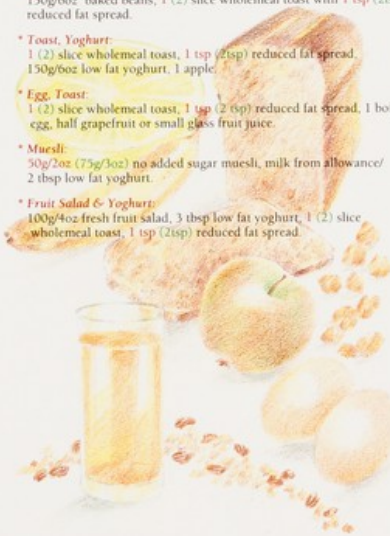


BREAKFASTS

190 CALORIES FOR WOMEN - 270 CALORIES FOR MEN

Choose any one of the following each day

- * **Toast, Grapefruit:**
1 (2) slice wholemeal toast, 1 tsp (2tsp) reduced fat spread with 1 tsp (2tsp) yeast extract/marmalade, half grapefruit or small glass fruit juice.
- * **Cereal, Fruit:**
25g/1oz (50g/2oz) Bran flakes with 1 chopped small (large) banana or 4 diced dried apricots, milk from allowance.
- * **Porridge:**
25g/1oz (50g/2oz) porridge prepared with half water, half milk (from allowance), 1 tsp honey, small glass fruit juice.
- * **Baked beans on toast:**
150g/6oz baked beans, 1 (2) slice wholemeal toast with 1 tsp (2tsp) reduced fat spread.
- * **Toast, Yoghurt:**
1 (2) slice wholemeal toast, 1 tsp (2tsp) reduced fat spread, 150g/6oz low fat yoghurt, 1 apple.
- * **Egg, Toast:**
1 (2) slice wholemeal toast, 1 tsp (2tsp) reduced fat spread, 1 boiled egg, half grapefruit or small glass fruit juice.
- * **Muesli:**
50g/2oz (75g/3oz) no added sugar muesli, milk from allowance/ 2 tbsp low fat yoghurt.
- * **Fruit Salad & Yoghurt:**
100g/4oz fresh fruit salad, 3 tbsp low fat yoghurt, 1 (2) slice wholemeal toast, 1 tsp (2tsp) reduced fat spread.



LIGHT MEALS

350 CALORIES FOR WOMEN – 500 CALORIES FOR MEN

Each day choose one LIGHT MEAL and one MAIN MEAL, selecting accompaniments from the MEAL SUPPLEMENTS listed under A, B and C. These supplements should be chosen to bring your calorie intake to the appropriate level for each meal.

SANDWICHES

2 slices wholemeal bread/roll, reduced fat spread, filled with either:
 *50g/2oz lean ham and sliced cucumber (235 Calories) *25g/1oz brie and cucumber (250 Calories) *50g/2oz chicken (skinless) and salad (245 Calories) *1 egg, 1 tbsp reduced calorie mayonnaise and cress (285 Calories) *25g/1oz low fat cheese, tomato (195 Calories)
 *50g/2oz turkey & 1 tsp cranberry sauce (245 Calories) *50g/2oz tuna in brine, 2 tsp reduced calorie mayonnaise (260 Calories).

Wholemeal pitta filled with either:

*Spicy chicken (50g/2oz cooked chicken, 1 tbsp reduced calorie mayonnaise, curry powder and seasoning, salad) (300 Calories)
 *100g/4oz cottage cheese and salad (270 Calories)
 *25g/1oz hummus and salad (220 Calories).

FILLED JACKET POTATOES

150g/6oz jacket potato with either:
 *25g/1oz low fat cheese (190 Calories) *75g/3oz baked beans (250 Calories) *100g/4oz low fat fromage frais and chives (205 Calories)
 *75g/3oz mixed bean salad (270 Calories) *75g/3oz vegetable chili (300 Calories) *50g/2oz tuna & 25g/1oz sweetcorn (225 Calories)
 *125g/5oz reduced calorie coleslaw (220 Calories).

SALADS

Fruity Pasta Salad (265 Calories).
 40g/1.5oz pasta shells or twists - 50g/2oz cooked (skinless) chicken - 25g/1oz sultanas - 50g/2oz chopped green pepper - 1 diced small red apple - 4 tbsp oil free dressing.
Chilli Bean Rice Salad (160 Calories).
 40g/1.5oz brown rice - 50g/2oz diced red or green pepper - 50g/2oz sliced mushrooms - 50g/2oz chopped onion - 50g/2oz red kidney beans - 3 tbsp oil free dressing - 1/2 level tsp chilli powder.

Tuna & Tomato Pasta Salad (245 Calories).

75g/3oz cooked pasta - 50g/2oz tuna in brine, drained - 1 tomato, chopped - 3cms cucumber, diced - 1 tbsp natural yoghurt - 1 tsp reduced calorie mayonnaise - 1 tsp lemon juice - pinch of dill - salt and pepper to taste.

Toss together pasta, tuna, tomato and cucumber. Mix yoghurt, mayonnaise, lemon juice and dill, season with salt and pepper. Pour over tuna mix. Toss, chill and serve.

HOME-MADE SOUP

Carrot and Orange Soup (serves 2) (135 Calories per person).
 150g/6oz carrots, grated - 1 small onion, chopped - 1 tbsp olive oil - 1/2 pt vegetable stock made with vegetable stock cube - juice of 2 oranges - 100g/4oz low fat plain yoghurt - sprig fresh mint.
 Gently fry carrots and onion until softened. Pour on stock, add mint and leave to simmer for 20mins. Blend or liquidise, add the orange juice and season to taste. Serve hot or cold with a swirl of yoghurt.

MAIN MEALS

460 CALORIES FOR WOMEN – 630 CALORIES FOR MEN

PERFECT PASTA

Lean Cuisine Spaghetti Bolognese (290 Calories)
 Lean Cuisine Chicken & Ham Lasagne Verdi (241 Calories)
 Lean Cuisine Lean Beef Lasagne (279 Calories)

CONTINENTAL

Lean Cuisine Chicken à l'Orange (276 Calories)
 Lean Cuisine Beef Julienne (292 Calories)

ORIENTAL

Lean Cuisine Sweet & Sour Sesame Chicken (286 Calories)
 Lean Cuisine Chicken & Prawn Cantonese (287 Calories)

GREEK

Lean Cuisine Moussaka (238 Calories)

AUTHENTIC INDIAN

Lean Cuisine Kashmiri Chicken Curry (297 Calories)
 Lean Cuisine For Healthy Appetites Chicken Tikka Masala (410 Calories)
 Lean Cuisine Prawn Curry (276 Calories)
 Lean Cuisine Lamb Tikka Masala (297 Calories)
 Lean Cuisine For Healthy Appetites Lean Beef Madras (416 Calories)

SPICY

Lean Cuisine Vegetable Enchiladas (254 Calories)
 Lean Cuisine Spicy Chicken Creole (295 Calories)
 Lean Cuisine For Healthy Appetites Chilli Con Carne (424 Calories)

TASTY CHICKEN

Lean Cuisine Glazed Chicken (295 Calories)
 Lean Cuisine For Healthy Appetites
 Farmhouse Chicken Casserole (334 Calories)

VEGETARIAN

Lean Cuisine Zucchini Lasagne (210 Calories)
 Lean Cuisine Vegetable Gratin (294 Calories)
 Lean Cuisine Vegetable Risotto (290 Calories)
 Lean Cuisine Vegetable Enchiladas (254 Calories)

FRIDAY'S FISH

Lean Cuisine Fisherman's Pie (275 Calories)

Baked Fish Provencal (serves 2) (350 Calories per person)

3/4 lb skinned fillets of white fish - 1 tsp dry white wine - juice from 1/2 lemon - 1 tsp oil - 1 small chopped onion - 1 clove garlic - 225g/9oz can chopped tomatoes - pinch of mixed herbs and seasoning - 150g/6oz baked potato with 1 tsp reduced fat spread (per person).

Put fish fillets into a shallow, ovenproof casserole dish and pour over wine and lemon juice. Leave to marinate while making sauce. Heat oil and soften onion and garlic. Remove fish from marinade and add marinade to onion and garlic. Let it bubble and reduce a little, add tomatoes and herbs, and season to taste. Lightly oil casserole dish, put in the fish fillets, pour over sauce and bake 200°C, 400°F, Gas mark 6 for 20 minutes. Serve with baked potato.

Pasta Napolitan (serves 2) (135 Calories per person)

1 onion, chopped - 1 tbsp olive oil - 200g/8oz can Italian chopped tomatoes - 2 cloves garlic, crushed - 1 bayleaf - pinch of thyme - 1/2 tsp brown sugar - seasoning - 75g/3oz pasta (per person).
 Sauté the onion until soft and transparent, then add the rest of the ingredients and simmer until thick. Blend for a smoother sauce. Pour over cooked pasta and serve with green salad.

SUNDAY ROAST (320 Calories)

75g/3oz roast chicken (skinless) - 150g/6oz baked potato with 1 tsp reduced fat spread - selection of vegetables.

MEAL SUPPLEMENTS

(FIGURES IN BLUE DENOTE CALORIE LEVEL)

LIST A - 40 - 70 Calories

SAVOURY: soup, instant low calorie 40 - mixed vegetable stir fry using little oil to brush the pan and 50g/2oz soy sauce 75 - 75g/3oz peas 45 - 75g/3oz sweetcorn 60 - apple, celery and chive salad 50 - vegetable kebabs - thread mushrooms, tomatoes, baby onions, sliced peppers on to skewers, brush with a little oil and grill 50 - 1 tsp reduced calorie mayonnaise 45 - 3 tbsp homemade salad dressing: natural yoghurt, spring onion, black pepper 55.

SWEET: 1 apple 50 - 1 banana 65 - 1 orange 65 - 1 peach 40 - 1 pear 45 - half cantaloupe melon 55 - small bunch grapes 70 - 125g/5oz low-fat natural yoghurt 60 - 200g/8oz strawberries/raspberries 50 - 200ml unsweetened fruit juice 65 - 6 dried apricots 70 - 50g/2oz sorbet or reduced calorie ice cream 60.

LIST B - 85 - 130 Calories

SAVOURY: 1 slice wholemeal bread, 1 tsp reduced fat spread 85 - instant low calorie soup, 1 slice wholemeal bread 110 - 25g/1oz low fat crisps 120 - 1 corn on the cob, 1 tsp reduced fat spread 130 - Raita made with 150g/6oz low fat yoghurt, diced cucumber, garlic and mint 100 - 150g/6oz raw vegetable sticks with dip made from 100g/4oz cottage cheese blended with parsley and black pepper 120 - 25g/1oz low fat cheese, 2 crispbread 115.

SWEET: 1 glass (150ml) wine 105 - 1/2 pint lager 85 - 1 baked banana with 1 tbsp Greek yoghurt or 75g/3oz low fat yoghurt 100 - 200g/8oz baked apple, 1 tbsp sultanas 100 - 1 crumpet, 1 tsp reduced fat spread 90 - 125g/5oz can pineapple cubes 115 - 125g/5oz low fat fruit yoghurt 90.

LIST C - 140 - 170 Calories

SAVOURY: 1 mini pitta/wholemeal roll with 25g/1oz low fat pâté 160 - 1 can low calorie soup, 1 slice wholemeal bread 140 - 150g/6oz baked potato, 1 tsp reduced fat spread 160.

SWEET: 200g/8oz stewed apple, 150g/6oz low fat natural yoghurt 160 - 125g/5oz sorbet or reduced calorie ice cream 150 - 25g/1oz mixed dried fruit (soaked overnight) topped with 150g/6oz low fat natural yoghurt 145.

THE LEAN PLAN

getting
your
diet in
control

Findus
Lean Cuisine.

**FAMILY
HEART
ASSOCIATION**

HEALTHY EATING

Eating is an essential part of everyday life so it's important that we follow a healthy balanced diet and above all, enjoy our food.

The latest international guidelines on healthy eating tell us we should eat **MORE** fibre and starchy (complex) carbohydrates and **LESS** fat, sugar and salt.

Whether or not you want to lose weight, your diet should be balanced so that it provides your body with all the nutrients it requires to stay fit and healthy. Detailed guidance to help you eat healthily is given in our 'Healthy Eating Plan - Getting the Balance Right'. This Lean Plan is designed to help you control, as well as to balance, your diet.

THE LEAN PLAN

The good news is that with a little guidance and knowledge, healthy eating can be easy, convenient, and enjoyable. This Lean Plan has been specially designed to help you fit a healthy calorie counted diet into a busy lifestyle. You may well have a challenging career, or be caring for a growing, demanding family - even both. Sometimes the demands of our lifestyle mean the way we look, feel - and eat - take second place.

This is where the Lean Plan can help. It spans 14 days, and by following the Plan you can soon adopt a new routine of healthy eating to suit your daily schedule.

The main meal choices in the Lean Plan are based on **FINDUS Lean Cuisine** recipe dishes which have all been approved by the Family Heart Association as a useful part of a low fat diet. And in line with the latest international health guidelines, the Plan includes foods which are low in fat and sugar, and high in fibre and starch.

Most importantly, by following the Lean Plan you will get to know which foods to go on eating once you have reached your target weight - so you can continue to keep fit and healthy.



WHY DO WE PUT ON WEIGHT AND DOES IT REALLY MATTER?

We gain weight when we eat more food energy, measured in calories, than our bodies require. This extra energy is stored in our bodies as fat. Being overweight really does matter. Quite apart from the way we look, it is dangerous to our health. By being overweight we risk developing serious illnesses such as heart disease and high blood pressure - and many more minor health problems. The most effective way to lose weight is to follow a calorie-controlled diet, combined with regular exercise.

This chart shows you where energy (calories) comes from.

Nutrient	ENERGY		
	Weight (gram)	Calories (kcal)	Kilojoules (kJoules)
Proteins	1	4	17
Fats	1	9	37
Carbohydrates	1	4	17
Alcohol	1	7	29

As you can see fat provides, weight for weight, more than double the energy obtained from carbohydrates and protein; and alcohol provides nearly as much energy as fat.

To stay fit and healthy we should eat a variety of foods filled with the nutrients our bodies require. The advice from Government says we should:

- * reduce intake of total fats and especially saturated fats
- * eat less sugary foods
- * seek ways of eating less salt
- * avoid excessive intake of alcohol.



EXERCISE FOR A HEALTHY BODY AND MIND

Exercise not only helps you to lose weight, it keeps your body fit and strong, burns up calories and helps to relieve the stress of a hectic lifestyle. And exercise doesn't necessarily mean running five miles a day or entering for the marathon! You can even incorporate exercise into your normal daily schedule. Try walking up the stairs instead of taking the lift. Leave the car at home and walk to the shops. Take the dog for a brisk walk, not a slow one.

For those of you who are overweight and unfit, walking and swimming are good starters and all the family can join in. Cycling is also a great exercise. Gentle stretch classes are ideal and you can then build your way up to a more strenuous activity like aerobics. To keep really fit you should do some serious exercise at least three times a week - but once is better than nothing.

You are advised to consult your family doctor before starting a programme of exercise or weight loss as it is important that any special health considerations are taken into account. This may require regular individual consultation with a doctor or dietician to meet the special needs of specific medical conditions.

Here are some nice and easy stretch and relaxation exercises to get you started.



1 Not a very exciting exercise, but one that really does tone and shape the waist! Stand with feet apart, curve right arm above and over head, palm up. Breathe out and push left. Repeat 10 times, then change sides.

2 This exercise will work on the calves and ankles. Stand facing the back of a chair or table top, hold on lightly, feet together. Rise up on your toes, hold for a count of five and lower. Repeat at least 15 times.



3 Tone your stomach with this simple 'bathroom' exercise. Sit on the floor with your back straight. Hold the ends of a towel looped round your feet. Now bend your elbows, pull forward keeping tension on the towel and sit up. Repeat 10 times.



4 To exercise hips and legs, lie on your left side with right leg over left, foot flat on floor. Raise left foot, hold in this position for a count of three and lower. Repeat 10 times each side.



5 To firm the thighs, stand with feet apart, arms at sides. Go down into a crouching position, hold for three seconds and then straighten up. Feel those muscles work! Repeat 10 times.

6 Tone up underarms like this. Put a chair against the wall. Sit in front of it with hands firmly on the edge. Keeping hands and feet still, raise and lower your bottom from the floor. Do it smoothly and slowly - repeat 10 times.



HOW TO COPE WITH EATING OUT - DON'T BE A DIET BORE

Your lifestyle, and your loved ones - may demand flexibility in your diet! And that's fine. The Lean Plan is not a strict diet regime - if you slip up one day, just get straight back on it the next. If you're being taken out to dinner or going to a party, don't be a diet bore and refuse everything. Just make sure you eat the best of what's available - and not too much. Check your Lean Plan before you go out and remember the danger areas. Here are some tips to help you enjoy your night out.

OUT TO DINNER

- * Try to keep to two courses and drink water with your meal.
- * Avoid pre-meal nibbles like crisps and nuts - keep yourself occupied with a dry bread roll or bread stick.
- * For a starter choose fruit juice, clear soups, or melon - avoid avocado, cream soups, pâté or foods with oil or mayonnaise.
- * Choose lean meat, poultry or fish for your main course, avoiding thick and creamy sauces. Choose boiled or jacket potatoes, pasta or plain boiled rice and ask for your vegetables served without butter.
- * For dessert stick to fresh fruit, sorbet or ice-cream.

AT A PARTY

Go for the lower fat pickings like smoked salmon, tuna, cottage cheese nibbles. And crudites are a great snack to keep your jaws occupied!

Don't forego a drink or two - they aren't forbidden. Obviously steer clear of sweet cocktails, liqueurs and heavy ports or sherries, but do have a glass or two of wine or spirits with low calorie mixers. To make them last longer, try spritzers, a mix of white wine with mineral water or soda.



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