



2000 KCAL DIET SUGGESTION

ENGELSK

Type of food:	Amount per day:	Notes:
Bread:	5 slices wholemeal bread Approx. 40 g/slice	Marked as 3-4 on the bread scale 2 <i>knekkebrød</i> (crispbread) = 1 slice of bread 
Oatmeal, wholegrain cereal:	1 dl (about 40g) of oatmeal or wholegrain breakfast cereal	Look for the keyhole label: 
Milk, cultured milk, yogurt:	5 dl a day	0.7% fat/dl or 100g Choose dairy products without added sugar
Toppings:	2 slices <i>lettere gulost</i> (light yellow cheese) (10g) 2 slices pure deli meats (15g) 30g fatty fish	Choose other toppings from the toppings list
Fruit, berries:	3 pieces	Vary what you eat 2 dl berries = 1 fruit ½ avocado = 1 fruit 1 dl glass of juice = 1 fruit
Potatoes, rice, pasta, bulgur, couscous, buckwheat:	3 medium-sized potatoes or 2 dl boiled (1dl/50g uncooked) pasta, rice or equivalent	Load your plate using the weight loss plate portion model (See other side)
Meat, fish, poultry, eggs	1 serving of 150g raw weight (About 125g cooked weight) 1 egg	Load your plate using the weight loss plate portion model
Vegetables:	Unrestricted amount of at least 5 dl daily. Choose preferably 1dl legumes every day from beans, chickpeas, peas and lentils.	Vary between cooked and raw vegetables/salad. Load your plate using the weight loss plate portion model
Cooking oil/margarine:	1 teaspoon soft margarine 1 teaspoon oil 20 g of light margarine	Choose soft/liquid margarine or oil when cooking. Use light margarine on bread

- Drink water with meals and when thirsty
- If you are not losing weight by following this suggested diet, you can drop a piece of fruit and a slice of bread
- If you lose weight very quickly and are very hungry, you can eat an extra slice of bread or eat a little more potatoes, rice or pasta.

You choose how you distribute your food intake throughout the day. We give you suggestions on meal distribution that can be beneficial for losing weight.

It is important that you eat several meals spread out over the day for your metabolism to increase and to stabilize your blood sugar. This may also mean that you feel less hungry.

You should not eat later than 2 hours before going to bed at night.

Breakfast

- 1) 1 dl whole grain cereal
2 dl milk/cultured milk/yogurt
1 slice of bread with a thin layer of light margarine, toppings and a garnish of vegetables

- 2) 1 serving oatmeal made of 1 dl oatmeal and 2-3 dl water.
2 dl milk/cultured milk/yogurt
1 slice of bread with a thin layer of light margarine, toppings and a garnish of vegetables

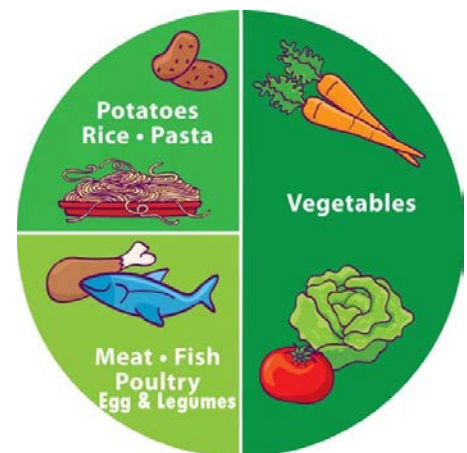
Lunch

- 2 slices of bread with a thin layer of light margarine and toppings
- 2 dl salad or whole/sliced vegetables
- 1 boiled/fried egg

Dinner

- 3 potatoes/2 dl boiled rice/2-2 ½ dl cooked pasta
- 125g prepared meat, fish, chicken or 3 dl cooked beans/lentils
- At least 3 dl vegetables. You can vary between raw, boiled, wokked or roasted vegetables. You can have a little oil/vinegar dressing over the salad. You can have 1 dl light gravy for dinner. If you make the gravy yourself, you can use the meat stock and thicken it with flour/corn starch.

Weight loss plate portion model



Evening snack

- 2 slices of bread with a thin layer of light margarine, toppings and a garnish of vegetables
- 2 dl milk/cultured milk/yogurt

These can be distributed optionally throughout the day:

- 3 pcs fruit
- 1 dl milk/cultured milk/yogurt

Tea-time / coffee break: Avoid sugar in tea and coffee. If you use milk in tea/coffee, use skimmed milk. Biscuits/dried fruit/dates and nuts contain a lot of kcal and is not included in the plan.