



**Fruit is an important part of your Lifestyle Plan. Always choose a rainbow of colours from page 10 of your Plan. Together with the following you will have lots of ideas to add variety to your meals. You can enjoy fresh, frozen or canned in own juice as they are all the same nutritional values.**

1. **APPLES** Baked stewed or cooked on your health grill served with yoghurt, ice cream, low fat aerosol cream, low fat custard or Ambrosia light rice pudding for a tasty sweet dessert. Medium apple = 60 cal
2. **APRICOTS** Are delicious when served with fruit salads or sliced on your breakfast cereals. Have you tried Pork Surprise on page 46 of your Lifestyle Plan. It's a Slimtone favourite. Apricot per fresh fruit = 10 cal per dried fruit = 15 cal
3. **BANANAS** are really versatile. Served with wholemeal toast they make a nutritious snack meal. When sliced over your breakfast cereal they help with fluid retention and will also prevent those mid morning hunger pangs.  
Small (approx 112g/4oz) banana = 70 cal ☹️ 100g/3½oz bag of Banana chips 520 cal
4. **GRAPES** Are another favourite fruit. The seedless variety sliced in a lemon and lime sugar free jelly, set into four portions and served with aerosol cream makes a great dessert. Added to chicken or cheese when making fillings for sandwiches, bread wraps, paninis, etc is a tasty treat. Grapes per 112g/4oz = 68 cal
5. **KIWI** Delicious sliced in fruit or green salads, or sliced on meringue topped with aerosol cream. Not recommended for use in jellies as it prevents them from setting.  
Kiwi fruit = 30 cal
6. **LEMONS/LIMES** Adding lemon/lime juice to extra light mayo makes a tasty salad and fish dressing. A slice in your glass of water in the morning really makes a refreshing drink. Don't forget your lemon and lime cheesecake recipe on page 60 of your Lifestyle Plan. Lemon/Lime = 19 cal
7. **PLUMS** Try stewing in microwave for a few minutes, served with fruit yoghurt or fromage frais you will have a tasty dessert. Plums (each) 10 cal
8. **MANGOES** Are a great addition to fruit salad, Sliced with chicken as a filling for sandwiches, wraps and panini's or add to your Curry in a Hurry for a delicious flavour.  
Medium mango – 80 cal

# SLIMTONE



9. **MELONS** Delicious served with berries as a dessert, or sliced in a fruit or green salad.  
Average portion = 20 cal
10. **ORANGES** Delicious in fruit or green salad. Mix equal portion of fresh orange juice with mint sauce for a delicious salad dressing. medium orange = 60 cal
11. **RHUBARB** Delicious stewed as a calorie free dessert or as a rhubarb jelly, simply stew rhubarb and when cooked stir in one packet of raspberry sugar-free jelly (NO! You don't make up the jelly) leave to set. Serve with aerosol cream. Neg cal – For rhubarb only.
12. **PINEAPPLE** is a really versatile fruit and can be used in both sweet and savoury dishes. Pineapple also compliments gammon, pork and is delicious served with pasta as our recipe on page **36** of your Lifestyle Plan. Pop a slice in a meringue nest and top with aerosol cream for a delicious sweet treat - 12 cal per oz./28g flesh only. ☹️ **100g/3½oz pineapple Papaya Delight 375 cal**
13. **SOFT FRUITS**, e.g. Fresh or frozen strawberries, raspberries blueberries etc. can be enjoyed in breakfast cereals, meringue nests, fruit salads etc.  
Fruits fresh or frozen approx 7 cal per oz.
14. **TOMATO** - One of the most versatile of fruits, sliced in salads, grilled on toast for a quick snack or as a low calorie pasta sauce. Neg cal.
15. **Dried FRUITS AND SEEDS** Be careful when selecting any of the following they are so easy to “pick at” but loaded in calories.
  - ☹️ 100g/3½oz Bag Dry Roasted Peanuts 635 cal
  - ☹️ 100g/3½oz Mixed Peanuts & Raisins 495 cal
  - ☹️ 28g/1oz Sunflower Seeds/Sesame Seeds 170/168 cal
  - ☹️ 28g/1oz Raisins/Sultanas 81 cal

