



**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 you meals. You can enjoy fresh, frozen or canned in own juice as they are all the same nutritional values.**

**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 all make a tasty sweet dessert.

**Medium apple = 60 cals: 1 counts as your 5 a day**

**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 = 10cals / per dried fruit = 15 cals: 3 count as your 5 a day**

**AVOCADO:** Are popular and recommended as part of a healthy eating plan. Great for smoothies, as a starter with prawns, as a filling with chicken in a bread wrap, or simply mashed and used as a dip or spread on toast. To speed the ripening process pop into a bag with an apple.

**One average Avocado = 190 cals: ½ a standard Avocado counts as 1 of your 5 a day**

**BANANAS:** are versatile. Top a slice of granary toast with mashed banana and pop under a hot grill and serve as a nutritious snack meal. When sliced over your breakfast cereal, the potassium helps with fluid retention and those mid-morning hunger pangs.

**Small (approx 112g/4oz) banana = 70 cals: 1 medium banana counts as 1 of your 5 a day**

**GRAPES:** Are another favourite fruit. The seedless variety sliced into a lemon and lime sugar free jelly, set into four portions and served with aerosol cream makes a great dessert. Add to chicken or cheese when making fillings for sandwiches, bread wraps, paninis, etc for a tasty treat.

**Grapes per 112g/4oz = 68 cal: 14 count as 1 of your 5 a day**

**CHERRIES:** are really tasty and apparently recommended for gout as they don't hasten the excretion of uric acid but prevent the crystallisation.

**Fresh or frozen 11 cals per 28g/oz: 11 count as 1 of your 5 a day**

**KIWI:** Delicious sliced in fruit and green salads or sliced in a meringue and topped with aerosol cream. Not recommended for use in jellies as it prevents them from setting.

**Kiwi fruit = 30 cals: 2 count as 1 of your 5 a day**

**LEMONS/LIMES:** Adding lemon/lime juice to extra light mayo makes a tasty salad or fish dressing. A slice in your glass of water in the morning really makes a refreshing drink. Don't forget the lemon and lime cheesecake recipe on page 60 of your Lifestyle Plan.

**Lemon/Lime = 19 cals**



**PLUMS:** Try stewed in microwave for a few mins and served with fruit yoghurt or fromage frais - mmm.

**Plums (each) 10 cal: 2 count as 1 of your 5 a day**

**MANGOES:** are a great addition to fruit salad, sliced with chicken as a filling for sandwiches, wraps and paninis or added to your Curry in a Hurry for a delicious flavour.

**Medium mango – 80 cal: 2 slices count as 1 of your 5 a day**

**MELONS:** Delicious served with berries as a dessert or sliced into a fruit or green salad.

**Average portion = 20 cal: 1 slice of watermelon counts as 1 of your 5 a day**

**ORANGES:** Delicious in fruit or green salad. Mix equal portion of fresh orange juice with mint sauce for a delicious salad dressing. Canned mandarins are great in sugar free jelly and tasty in salad.

**Medium orange = 60 cal: 1 of your 5 a day**

**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.

**Neg cal**

**PINEAPPLE:** is a versatile fruit and can be used in both sweet and savoury dishes. It compliments gammon, pork and is delicious served with pasta (see our recipe on page 36 of your Lifestyle Plan). My favourite is Hawaiian toasty with granary bread, ham, cheese and pineapple cooked on health grill.

**12 cal per 28g/1 oz flesh only : 1 large slice counts as 1 of your 5 a day**

**SOFT FRUITS:** e.g. fresh or frozen strawberries (7 in total), raspberries (12 in total), blueberries (4 heaped tbsp), blackberries (9 in total) etc. can be enjoyed in breakfast cereals, meringue nests, fruit salads or stewed and served with ice cream or aerosol cream.

**Fruits (fresh or frozen) approx 7 cal per 28g/1oz: for 1 of your 5 a day see the amounts in brackets**

**TOMATO:** One of the most versatile fruits, sliced in salads, grilled on toast or as a low-cal pasta sauce.

**Neg cal**

**Dried FRUITS AND SEEDS ..... PICK AT YOUR PERIL!!!** Be careful when selecting any of the following they are loaded in calories.

- ⊗ 100g/3½oz bag of Banana chips 520 cal
- ⊗ 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

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