

SLIMMING WORLD HEALTHY EXTRAS

Here is a list of the most popular Healthy Extra Allowances condensed for quick reference. Though please refer to your Slimming World book for the full list. These are the Slimming World Healthy Extra choices that we recommend that you have as part of a balanced diet. It is meant as an introduction and doesn't include processed foods. We have also left out the nuts and seeds allowances with so many of our readers (and ourselves) suffering from nut allergies.

HEALTHY EXTRA A CHOICES

MILK

350ml Skimmed Milk
300ml 1% Fat Milk
250ml Semi Skimmed Milk
175ml Whole Milk
400ml Skimmed Goats Milk
400ml Unsweetened Plain Soya Drink
300ml Sweetened Plain Soya Drink
300ml Semi Skimmed Lactose Free Dairy Drink
200ml Whole Lactose Free Dairy Drink
250ml Plain Rice Drink

CHEESE

30g Cheddar Cheese
40g Reduced Fat Cheddar
35g Blue Cheese
35g Edam
45g Feta
65g Reduced Fat Feta
50g Mozzarella
70g Reduced Fat Mozzarella
30g Parmesan
75g Reduced Fat Light Soft Cheese
90g Ricotta
2 Dairylea Light Cheese Slices
3 Dairylea Original Triangles
2 Mini Babybel
2 Laughing Cow Original Triangles

HEALTHY EXTRA B CHOICES

CEREALS

40g High Fibre Cereal
35g Bran Flakes
35g Porridge Oats/Oat Bran
35g Raisin Wheatals
35g Fruit & Fibre
30g All Bran
35g Sultana Bran
35g Muesli
35g Puffed Wheat
35g Shredded Wheat/Bibe Sized/Shreddies
35g Quaker Oats Cereal
1 Sachet Quaker Oat So Simple Multigrain
2 Weetabix
1 HiFi Bar

BREAD

60g Wholemeal Bread
2 Medium Slices Wholemeal Bread
2 Medium Slices Gluten Free Wholemeal Bread
1 Large Slice Wholemeal Bread
1 Multigrain Wrap

CRISPBREADS

6 Multigrain Thin Crisps
5 Scan Bran Crisp Bread
5 Corn Thins
2 Ryvita Dark Rye
30g Ryvita Mints

DRIED FRUIT

50g Apple
60g Apricots
50g Figs
40g Goji Berries
50g Pears
65g Prunes

CANNED FRUIT

300g Apple Slices
125g Breakfast Apricots
350g Pears
125g Prunes

COOKED FRUITS

375g Apples
450g Fresh Apricots
300g Blackberries
250g Blackcurrants
350g Damsons
275g Fresh Figs
350g Gooseberries
300g Peaches
350g Pears
400g Plums
150g Prunes
250g Raspberries
350g Redcurrants
500g Rhubarb
275g Whitecurrants

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SB Merriam

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Table of Contents Slimming World Branded Foods Guide

1. Understanding the eBook Slimming World Branded Foods Guide
 - The Rise of Digital Reading Slimming World Branded Foods Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Slimming World Branded Foods Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Slimming World Branded Foods Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Slimming World Branded Foods Guide
 - Personalized Recommendations
 - Slimming World Branded Foods Guide User Reviews and Ratings

- Slimming World Branded Foods Guide and Bestseller Lists
- 5. Accessing Slimming World Branded Foods Guide Free and Paid eBooks
 - Slimming World Branded Foods Guide Public Domain eBooks
 - Slimming World Branded Foods Guide eBook Subscription Services
 - Slimming World Branded Foods Guide Budget-Friendly Options
- 6. Navigating Slimming World Branded Foods Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Slimming World Branded Foods Guide Compatibility with Devices
 - Slimming World Branded Foods Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Slimming World Branded Foods Guide
 - Highlighting and Note-Taking Slimming World Branded Foods Guide
 - Interactive Elements Slimming World Branded Foods Guide
- 8. Staying Engaged with Slimming World Branded Foods Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Slimming World Branded Foods Guide
- 9. Balancing eBooks and Physical Books Slimming World Branded Foods Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Slimming World Branded Foods Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Slimming World Branded Foods Guide
 - Setting Reading Goals Slimming World Branded Foods Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Slimming World Branded Foods Guide
 - Fact-Checking eBook Content of Slimming World Branded Foods Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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