



# Grocery Guide



## Grocery Guide

At Jenny Craig your weekly menu plan is designed by Dietitians to provide the right balance of nutrition for weight loss and good health.

Your menu is a personal healthy eating plan, combining nutritious and satisfying, portion controlled Jenny Craig foods with your own choices of fresh fruit and vegetables, grains, dairy, meat, meat alternatives and fat serves.

Double your portion by filling your plate with 'Free Foods' to help keep you feeling full and satisfied between meals. See page 14 for details.

As you move towards your weight loss goals, you will learn how to plan and prepare meals on your own. This is an important part of the Jenny Craig program and ensures you're learning healthy habits that will stick with you for life.

### Eating well - not dieting!

Developing a healthy relationship with food means understanding how you can enjoy delicious food and stay in control. There are no 'good' or 'bad' foods, it's about learning how all foods can be enjoyed, in moderation, as part of a healthy, balanced diet. This guide will help you to personalise your menu to include your favourite foods as you achieve your weight loss goals and good health.

Refer to your menu or discuss with your Coach the number of grocery serves you need for the week.

**For more resources to help you throughout your weight loss journey be sure to go to the Resource Centre:**

**Australia:** [www.jennycraig.com.au/resources](http://www.jennycraig.com.au/resources)

**New Zealand:** [www.jennycraig.co.nz/resources](http://www.jennycraig.co.nz/resources)

## Our top tips for success

### 1. Be organised

Prepare for the week by checking the shopping list on your menu.

### 2. Hydrate

Keep up your water intake, it may be fluid, not food you need. Use Jenny Craig's Infuser Water Bottle to help keep you hydrated.

### 3. Eat enough

Remember to eat everything on your menu plan. Your kilojoule level is designed to be the right amount of food that you need to lose weight and still get all the nutrition your body needs. Skipping meals or eating less food isn't going to help speed up the weight loss process, in fact sometimes it can have the opposite effect and may impact your metabolism.

### 4. Eat mindfully

Listen to your hunger cues. Savour every meal, chew slowly and enjoy every mouthful.

### 5. Fill up for free

Non-starchy vegetables are Free Foods, they are low in kilojoules and we are encouraged to eat at least 5 serves each day. They can help to keep you feeling satisfied by adding them to your meals and enjoying them as snacks in between.

### 6. Plate it up

Present your Jenny Craig meal and grocery serves on a plate and take the time to sit down and focus on enjoying your meal without distractions.

### 7. Track it

Those who monitor what they do are more successful with lifestyle change. Use your menu to track your food, fluid and physical activity. You can also keep a journal to monitor your progress - it can also influence and change the choices you make!

# Fruit

Approximately 250-350kJ and 15g carbohydrate per serve. Some fruits are 'Free Foods' in limited quantities. See the Limited Free Foods list on page 15.

Fresh Fruit	1 serve
Apple, Banana, Dragon fruit, Feijoa, Grapefruit, Nashi pear, Nectarine, Orange, Paw paw, Peach, Pear, Quince	1 small to medium piece
Custard apple, Jackfruit, Mango, Persimmon, Pomegranate	½ piece
Apricots, Figs (fresh), Guavas, Kiwifruit, Mandarins, Plums, Starfruit, Tangelos, Tangerines	2
Dates (fresh)	3
Cumquats, Lychees, Passionfruit, Rambutans	6
Grapes	½ cup
Berries (blackberry, blueberry, cranberry, loganberry, mulberry, raspberry, strawberry), Cherries, Cut fruit (melon/cantaloupe, pineapple, mixed fruit salad)	1 cup

Canned Fruit (in natural juice, drained)	1 serve
Apple, Apricot, Fruit salad, Grapefruit, Mandarin, Mango, Peach, Pear, Pineapple, Plum	½ cup

Dried Fruit	1 serve
Apple	4 rings
Apricots	6
Cranberries, Currants, Raisins, Sultanas	1 tbsp
Figs	2
Goji berries	2 tbsp
Mango	5 strips
Nectarine, Peach	2 halves
Paw paw	¼ cup, 20g
Pear	½, 20g
Prunes, Dates	3


Fruit Juices (unsweetened) (Maximum of 1 serve per day)	1 serve
Fruit juice	½ cup
Coconut water	1 cup

# Vegetables

Approximately 0-100kJ per serve. Non-starchy vegetables are also 'Free Foods'. The minimum recommended amount of vegetables is 5 serves per day. Use the serve size guide below.

Non-Starchy Vegetables and Salad	1 serve
Artichoke, Asparagus, Bamboo shoots, Beans (string), Bean sprouts (alfalfa sprouts, mung bean sprouts, soy bean sprouts), Beetroot, Bitter melon, Bok choy, Broccoli, Broccolini, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Chinese broccoli, Choko, Cucumber, Daikon radish, Eggplant, Fennel, Kale, Kimchi, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (eg. baby spinach, endive, lettuce, mustard greens, radicchio, rocket, watercress), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (button), Sugar snap peas, Swede, Tamarillo, Tomato, Turnip, Zucchini	1 cup raw vegetables or salad  ½ cup cooked vegetables  ½ cup canned vegetables, no added salt

Starchy Vegetables	1 serve
Starchy vegetables are higher in kilojoules and carbohydrates and are classed as 'Grains'.	See 'Grains' list on page 6 & 7

 Look for this symbol on your menu to see where you can include non-starchy vegetables.

**For healthy salad recipes go to:**

**Australia:** [www.jennycraig.com.au/blog/recipes/healthy-salad](http://www.jennycraig.com.au/blog/recipes/healthy-salad)

**New Zealand:** [www.jennycraig.co.nz/blog/recipes/healthy-salad](http://www.jennycraig.co.nz/blog/recipes/healthy-salad)

## Eat across the rainbow

**Enjoy fruits and vegetables with a variety of colours to get a great range of nutrients.**

# Grains

Approximately 350-450kJ, <20g carbohydrate, >3g protein and <3g fat per serve. **Choose wholegrain/wholemeal options where possible.**

Breads/Crackers		1 serve
Bagel		½
Bread (wholegrain, multigrain, rye, sourdough, wholemeal, white, raisin/fruit, Turkish)		1 sandwich slice (35-40g)
Bread roll (large), English muffin		½ (35-40g)
Breadcrumbs		2 ½ tbsp
Crispbread		3 (3 x 10g)
Crumpet		1 round, 50g
Dinner roll, Sandwich thin		1 (30-40g)
Lebanese bread		⅓
Pita Bread & Wraps	Pita pocket	1 small, or ½ large
	Mountain Bread	1 sheet
	Wrap	½ large
Pumpernickel		2 small slices (2 x 25g)
Rice/Corn cakes		2 thick style, 4 thin style
Rice or Water crackers		10
Salada crackers		6 small squares
Tortilla, thin		15cm

Cereals		1 serve
Barley, Buckwheat, Bulgur, Farro, Freekeh, Millet, Oats		½ cup cooked, ¼ cup uncooked
Couscous, Polenta, Quinoa, Rice, Semolina, Sorghum, Teff		⅓ cup cooked
Muesli		¼ cup
Pasta, Noodles (egg, rice, soba)		½ cup cooked
Wholegrain flake cereal		⅔ cup
Whole wheat breakfast biscuit (e.g. Weetbix™, Vita Brits™)		2 biscuits

Legumes – counted as a grain serve*		1 serve
Beans (e.g. baked beans, black beans, borlotti beans, broad beans, cannellini beans, chickpeas, edamame/soy beans, kidney beans), Lentils, Split peas		½ cup cooked or canned (salt reduced)

\*Legumes: due to their high protein and carbohydrate content these can be counted as a Meat or Grain serve, however, the amount varies depending on the food group chosen.

Starchy Vegetables (cooked)		1 serve
Corn, Peas, Potato, Sweet potato/Kumara, Taro, Yam		½ cup, ½ large corn cob
Jerusalem artichoke, Parsnip, Pumpkin, Water chestnuts		1 cup

Miscellaneous		1 serve
Chestnuts, roasted		40g, 5 nuts
Flour (wholemeal, white)		2 tbsp, 20g
Oat/Rice milk		½ cup
Popcorn, plain, air popped		3 cups
Probiotic drink		65ml = ½ Grain
Rice paper		4 sheets

Choose less often		1 serve
Honey, Jam, Maple syrup		1 tbsp
Chocolate drinking powder (Milo™)		2 tbsp
Sorbet		½ cup
Sugar		1 tbsp

Approximately 530-630kJ, <20g carbohydrate, > 3g protein and > 3g fat per serve.

Higher Fat Grains = 1 Grain + 1 Fat		1 serve
Hommus, reduced fat		⅓ cup, 4 tbsp
Soup (canned, ready to eat, salt reduced): cream-based, lentil, tomato, vegetable & meat		1 cup, 250g

Choose Less Often = 1 Grain + 1 Fat		1 serve
Bread (roti, naan)		35g (½ piece)
Chocolate		4-6 squares (25g) = 1 Grain + 2 Fat
Chocolate hazelnut spread		1 tbsp
Crackers, regular fat, small, round		7
Hot cross bun		1 small, 40g
Ice-cream (low fat), Frozen yoghurt (low fat)		½ cup
Muesli bar		1, 35g
Pancake, prepared from mix		1, 50g
Pikelet, ready to eat		2, 25g
Plain cake (sponge)		5cm square
Plain sweet tea biscuits, uncoated, unfilled		2-3 small
Scone, plain		½
Sweet muffin/cupcake, not iced, medium		½, 30g

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# Meat & Meat Alternatives

Approximately 200-300kJ, 7-10g protein and <3g fat per serve.

Lean Meats and Meat Alternatives	1 serve
Beef (lean), Goat, Kangaroo, Lamb, Pork (lean), Poultry/Chicken (skinless), Rabbit, Veal	30g (cooked), 40-45g (raw)
Calamari, cooked	60g
Cheese: yellow varieties (reduced fat), feta (reduced fat)	20g, 2 tbsp grated, 1 slice
Cheese: Cottage, low fat	¼ cup, 60g
Cheese: Ricotta, reduced fat	¼ cup, 60g
Chicken in spring water, canned	85g, 1 small can
Egg whites	4
Fish (tuna, salmon, sardines, white fish)	45g (cooked), 50g (raw)
Lean sliced meat (lean ham, turkey, roast beef, roast chicken slices)	45g, 2 slices
Legumes*: Beans (e.g. baked beans, black beans, borlotti beans, broad beans, cannellini beans, chickpeas, edamame beans, kidney beans, soy beans), Lentils, Split peas	⅓ cup cooked or canned (salt reduced)
Mince, lean (beef, turkey, pork, chicken breast)	30g (cooked), 40-45g (raw)
Mussels, cooked	50g, 5 small
Offal (brains, kidneys), cooked	40g
Oysters, raw	6
Protein powder	15g
Quorn (fillets, meatballs, mince), cooked	50g
Shellfish (crabs, lobster, prawns, scallops), cooked	60g
Smoked salmon	30g
Tempeh, Tofu (silken/soft)	100g
Tuna, Salmon, Sardines in spring water, drained	45g, ½ small can

\*Legumes: due to their high protein and carbohydrate content these can be counted as a Meat or Grain serve, however, the amount varies depending on the food group chosen.

Approximately 380-480kJ, 7-10g protein and >3g fat per serve.

Higher Fat Meats = 1 Meat + 1 Fat	1 serve
Beef (brisket, sirloin, ribs), cooked meat, without bones	30g
Cheese: yellow varieties, regular fat, e.g. Cheddar, Parmesan	20g, 2 tbsp grated, 1 slice
Cheese: Ricotta, regular fat	¼ cup
Cheese: Feta, Bocconcini, Mozzarella (regular fat)	35g
Cheese: Goats cheese	40g
Cheese: Haloumi (salt reduced)	40g
Egg, large	1
Fish, crumbed, pan-fried	45g
Mince, full fat (chicken, beef, pork, lamb)	30g (cooked), 40-45g (raw)
Pork (forequarter, chops, spareribs), cooked meat, without bones	30g
Tofu (firm/hard)	80g
Tuna, Salmon, Sardines in oil, drained	45g, ½ small can

Choose Less Often = 1 Meat + 1 Fat	1 serve
Anchovies	55g, approx. 12
Bacon, fat trimmed, cooked	30g
Beef pattie/hamburger, grilled	1, 50g
Chicken loaf	60g
Hot dog, Frankfurt, cooked	1 small
Poultry, with skin/fried	30g
Salami	30g
Sausage, grilled	1 thin sausage, 70g = 1 Meat + 2 Fat
Soy/vegetarian sausage, grilled	1 sausage, 50g



# Dairy

Approximately 350-450kJ, <15g carbohydrate, 7-10g protein and <3g fat per serve.

Dairy	1 serve
Non-fat, Skim or 1% Fat milk (including lactose free milk)	1 cup, 250ml
Fat free/Low fat yoghurt - Natural, Greek, plain or flavoured	⅔ cup, 200g container
Buttermilk, low fat	1 cup
Cheese: yellow varieties, reduced fat	40g, 4 tbsp grated, 2 slices
Cheese: Cottage, low fat	½ cup
Cheese: Feta, reduced fat	40g
Cheese: Ricotta, reduced fat	½ cup
Custard, low fat	½ cup
Evaporated milk, skim	½ cup
Powdered milk, skim	3 tbsp

Dairy Alternatives	1 serve
Soy milk, low fat, added calcium	1 cup, 250ml
Almond* milk	1 cup, 250ml + 1 meat serve

\*Note: adding extra grocery serves will add extra kilojoules to your menu plan. Some of these alternatives may also be naturally higher in kilojoules when compared to skim milk products. Dairy alternatives may be higher in carbohydrate and lower in protein and calcium, read the nutrition information panel or check with your Coach.

Plant-based milks such as, coconut, oat and rice milk can be lower in protein and calcium and are generally not suitable as a dairy alternative.

Approximately 530-630kJ, <15g carbohydrate, 7-10g protein and >3g fat per serve

Higher Fat Dairy = 1 Dairy + 1 Fat	1 serve
Full cream milk: 4% fat	1 cup, 250ml
Cheese: Cottage, regular fat	½ cup
Cheese: Feta, regular fat	40g
Cheese: Ricotta, regular fat	½ cup = 1 Milk + 2 Fat
Cheese: yellow varieties, regular fat, e.g. Cheddar, Parmesan	40g, 4 tbsp grated, 2 slices
Custard, regular fat	½ cup
Evaporated milk, regular	½ cup = 1 Milk + 2 Fat
Goat milk	1 cup, 250ml
Powdered milk, full cream	3 tbsp
Soy milk, regular, added calcium	1 cup, 250ml
Yoghurt, full fat	200g = 1 Milk + 2 Fat



## Yoghurt

Need help with which yoghurt to choose?

Turn to page 16 for some guidance on choosing yoghurt.

# Fats & Nuts

Approximately 180kJ and 5g fat per serve.

Monounsaturated and Polyunsaturated Fats (Choose more often)	1 serve
Avocado	⅓, 1 tbsp
Dukkah	1 tbsp
Margarine/Plant spread	1 tsp
Mayonnaise, Tartare sauce, Aioli	1 tsp
Oil (avocado, canola, corn, flaxseed, grapeseed, macadamia, olive, peanut, safflower, sesame, soybean, sunflower)	1 tsp
Oil-based salad dressing, regular fat	3 tsp
Olives	8
Olive tapenade	1 tbsp
Pesto	2 tsp
Sundried tomato (in oil)	10 pieces = 1 Fat + ½ Grain

Nuts and Seeds (unsalted) Mono- and Polyunsaturated Fats (Choose more often)	1 serve
Almond, cashew, hazelnut	6
Brazil, walnut halves	2
Hemp Hearts/Seeds	2 tsp
LSA (linseed, sunflower seed and almond meal)	2 tsp
Macadamia, pecan halves	3
Mixed nuts	2 tsp
Nut meal (e.g. almond meal, hazelnut meal)	2 tsp
Nut and seed spreads, no added salt, unsweetened (peanut butter, almond, cashew, tahini)	1 tsp
Peanut, pine nut, pistachio	10
Seeds (chia, linseed/flaxseed, pepita/pumpkin, sunflower poppy, sesame)	2 tsp

1 Fat serve = 1 Nut serve

Saturated Fats (Choose less often)	1 serve
Butter	1 tsp
Coconut, desiccated/shredded/dried)	3 tsp
Coconut, fresh	15g flesh
Coconut milk, canned, regular fat	1 tbsp
Coconut milk, canned, low fat/light	2 tbsp
Coconut oil	1 tsp
Cream, regular fat, thickened	2 tsp
Cream cheese, spreadable, regular fat	1 tbsp, 20g
Cream cheese, spreadable, light	1½ tbsp, 30g
Cream cheese, spreadable, extra light	2 tbsp, 40g
Creamy salad dressing, regular fat	2 tsp
Creamy salad dressing, reduced fat	1 tbsp
Sour cream, regular fat	2 tsp
Sour cream, reduced fat/light	1 tbsp



## Why Eat Fat?

**Dietary fats are needed to move some vitamins around the body, to help produce hormones and for energy.**

## Free Foods

Approximately 0-100kJ per serve. Free Foods are low in kilojoules and can add extra volume, flavour and variety to your menu. You can also put your own spin on your Jenny Craig meals to suit your taste preferences by adding herbs, spices and vegetables from your Free Foods list.

Free Foods	
Beverages	Coffee, Tea (black and herbal teas), Soda/Sparkling/Mineral Water (plain or flavoured with no added sugar). <i>If you choose to decrease your caffeine intake, do so gradually. Milk and sugar added to beverages are not included in the Free Food list.</i>
Sugar Substitutes/Artificial Sweeteners	Natural/artificial sweeteners can be used in place of sugar.
Non-Starchy Vegetables and Salad*	Artichoke, Asparagus, Bamboo shoots, Beans (string), Bean sprouts (alfalfa sprouts, mung bean sprouts, soy bean sprouts), Beetroot, Bitter melon, Bok choy, Broccoli, Broccolini, Brussels sprouts, Cabbage, Capsicum, Carrot, Cauliflower, Celeriac, Celery, Chinese broccoli, Choko, Cucumber, Daikon radish, Eggplant, Fennel, Kale, Kimchi, Kohlrabi, Leek, Mushroom, Okra, Onion, Radish, Rhubarb (stewed, no added sugar), Salad greens (eg. baby spinach, endive, lettuce, mustard greens, radicchio, rocket, watercress), Sauerkraut, Silverbeet, Snow peas, Spinach, Squash (button), Sugar snap peas, Swede, Tamarillo, Tomato, Turnip, Zucchini
Flavour Enhancers <i>NOTE: choose reduced salt sauces where available</i>	Broth/Stock, Capers, Chilli sauce, Edible flowers, Fish sauce, Garlic, Ginger, Gherkins/pickles (unsweetened), Herbs - fresh, dried, paste (e.g. basil, coriander, dill, mint, oregano, parsley, rosemary, thyme), Horseradish, Lemon juice, Lime juice, Mustard, Pickled onions, Seaweed, Sriracha sauce, Spices (e.g. chilli, cinnamon, cumin, curry powder, nutmeg, paprika, turmeric), Soy sauce/Tamari, Sundried tomato (fat free), Tabasco sauce, Tomato paste, Vinegar, Wasabi, Worcestershire sauce, Yeast extract (Vegemite™)



## Drink Water

**If you're not properly hydrated you can feel tired and even hungry. Aim to drink plenty of water every day!**

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## Limited Free Foods

**Enjoy up to 3 Limited Free Food serves per day.**

Limited Free Foods	1 serve
Diet soft drink, Diet tonic water, Diet cordial (made with water)	250ml (1 cup)
Kombucha	330mL (1 small bottle)
Coconut Water, Vegetable juice (low salt)	125ml (½ cup)
Fruit	
Berries, Grapefruit, Melon (all types), Paw paw	½ cup
Cherries	8 medium
Lychees, Passionfruit, Rambutans	2
Other	
Cacao beans/nibs	1 tsp
Cacao/cocoa powder	1 tbsp
Custard powder, chocolate drinking powder (Milo™, Nesquik™)	2 tsp
Diet jelly	1 serve, ¼ pack approx
Gravy (ready-made or powder made up with water)	¼ cup
Konjac noodles, Kelp noodles	250g
LSA	1 tsp
Psyllium husks, unprocessed wheat/oat bran	1 tbsp
Rice paper	1 sheet
Supergreens/Wheat grass powder	1-2 tsp
Sauces/Condiments/Spreads	
Gherkins/pickles (sweetened)	30g
BBQ sauce, Chutney, Cream cheese (light/reduced fat), Curry paste, Hoisin sauce, Jam or fruit spread (low sugar), Kecap manis, Miso paste, Oyster sauce, Sour cream (light/reduced fat), Sweet chilli sauce, Teriyaki sauce, Vegetable relish	2 tsp
Fat free salad dressing, Fat free mayonnaise, Shrimp paste, Tomato sauce, Tomato ketchup, Yoghurt (fat-free/low-fat)	1 tbsp
Honey	1 tsp
Salsa, Taco sauce	2 tbsp
Sugar Free Maple Syrup	1 tbsp
Olive oil cooking spray	2 sec spray

**Searching for Free Food ideas? Refer to the Resource Centre for lots of recipe inspiration:**

**Australia:** [www.jennycraig.com.au/resources](http://www.jennycraig.com.au/resources)

**New Zealand:** [www.jennycraig.co.nz/resources](http://www.jennycraig.co.nz/resources)



## How to make good choices

### Why is yoghurt good for me?

Yoghurt is a great source of protein, carbohydrates, vitamins and minerals, as well as probiotics (good bacteria) for a healthy digestive system. Yoghurt is digested and absorbed slowly in our bodies, helping to keep us fuller for longer. Yoghurt is also rich in calcium, which helps to keep our bones strong.

### How do I know which yoghurts to choose?

The best way to make good choices when selecting yoghurts is to choose those that fit as closely as possible to the kilojoules in a Jenny Craig Dairy serve. This is between 350kJ and 450kJ per serve. Generally, this equates to 200g (or 2/3 cup). However, the portion may be more or less, depending on the individual yoghurt.

*Plant-based yoghurts such as, coconut, almond and cashew can be lower in protein and calcium and generally not suitable as a dairy alternative.*

### Aim for a yoghurt with 350kJ – 450kJ per serve

#### Example: Fat Free Natural Yoghurt

✓  
350kJ – 450kJ

NUTRITION INFORMATION		
Serving size: 200g		
	Average Quantity per serving	Average Quantity per 100g
Energy	440kJ 104Cal	220kJ 52Cal
Protein	10.6g	5.3g
Fat, total - saturated	0.2g 0.2g	0.1g 0.1g
Carbohydrate - sugars	14.8g 11.0g	7.4g 5.5g
Dietary Fibre	<0.2g	<0.1g
Sodium	180mg	90mg
Calcium	340mg	170mg

### Natural, Greek, plain or flavoured?

Natural, Greek, plain or flavoured yoghurts can all be good choices, the important factor to consider is how many kilojoules they contain per serve. Greek yoghurts tend to be higher in protein, which may help you feel fuller for longer.

### What about sugar?

All yoghurts contain natural sugars, so there will always be a small amount of natural sugar that will appear under ‘sugars’ in the Nutrition Information Panel. It’s ok if you wish to choose a fruit yoghurt (which may have a small amount of added sugar), provided it does not exceed the kilojoules in a Jenny Craig Dairy serve.

### What if I don’t like yoghurt?

Yoghurt has so many health benefits, but if yoghurt really isn’t for you, you can choose from a selection of other calcium-rich foods. These are found in your Grocery Guide under Dairy serves.

### Get creative with yoghurt!

Sweet	Savoury
Crumble your Jenny Craig Breakfast Bar into your yoghurt	Add your favourite spice mix to Greek yoghurt and serve as a creamy dip with veggie sticks
Serve yoghurt with your cereal instead of milk	Use natural or Greek yoghurt in place of mayonnaise
Add your fruit serve to plain yoghurt eg. top your yoghurt with a diced kiwifruit, fresh berries or a sliced banana and cinnamon	Turn your Greek or natural yoghurt into a tzatziki or raita using cucumber, garlic, lemon juice and fresh herbs, and serve with one of Jenny Craig’s international dishes
Serve yoghurt as a parfait, layered with diet jelly and berries for an after dinner treat	Substitute sour cream for Greek yoghurt and serve with one of Jenny Craig’s Mexican meals.
Make fruit and yoghurt popsicles by blending fruit and yoghurt together in a blender and freezing in a popsicle mould	Swap creamy salad dressings for a homemade dressing by mixing together plain yoghurt, lemon juice and cracked black pepper

# Visual Cues

Train your eyes to calculate portion sizes by using the visual cues listed below



**1 tsp**  
= 1 die



**1 tbsp**  
= 2 AA batteries



**¼ cup (4 tbsp)**  
= 1 large egg



**⅓ cup**  
= make up compact



**½ cup**  
= 1 tennis ball



**1 cup**  
= 1 medium orange



**45g sliced meat**  
= 2 DVDs



**90g meat, poultry and fish**  
= deck of cards



**40g reduced fat cheese**  
= 2 slices cheese



**⅔ cup**  
= 200g tub of yoghurt



## 90-110g

Your **palm** determines your **protein** portions. Great options include grilled lean meats, eggs, fish and tofu.



## 1 cup

Your **fist** determines one **vegetable** serve. Great options include spinach, broccoli, asparagus and tomato.

*Pro tip: If you're trying to lose weight, load up your plate with plenty of non-starchy vegetables. Remember you're aiming for 5 serves each day, so try to add at least 1 cup to your plate.*



## 1/2 cup

Your cupped hand determines your **carbohydrate** portions. Great options include brown rice, wholegrain bread, sweet potatoes and rolled oats.



## 1-2 tablespoons

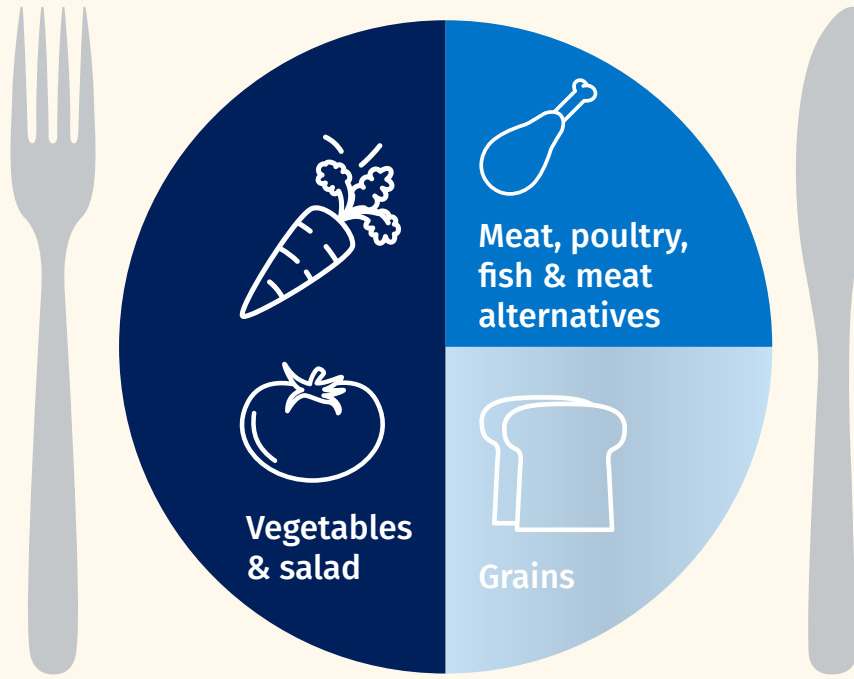
Your **thumb** is equivalent to 1-2 tablespoons, this helps determine **fat** portions such as: avocado, nuts and olives.

## 1 teaspoon

Your **thumbnail** is equivalent to 1 teaspoon, which helps determine **fat** portions such as: olive oil, margarine and nut and seed spreads.



## Visual Cues



**When dining out use the “Healthy Plate” model as a guide.**

## Strategies for Success

Here are a few techniques to help you with making decisions about food and physical activity to set you on the path towards a successful journey.

### S.T.O.P. Technique



Unplanned, unconscious and emotional eating can be triggered by many feelings. You may be hungry, angry, anxious, lonely, sad, tired, bored, or even happy or excited!

Be aware of your emotions and practice the S.T.O.P. technique to avoid them leading to an urge to eat or drink.

### Stop!

Hold up! Pause! Before eating or drinking anything, say to yourself “I have choices here.”

### Think

Am I actually hungry or thirsty? Or am I just having this because it is there in front of me? Am I craving this because of an emotion I am experiencing? Then say to yourself “What am I going to do?”

### Overview

What impact would this have on my weight and my goals?

Will it take me closer or further away?

Say to yourself “Will I feel ok if I eat it?”

### Pick

Make a conscious choice to support your goals. Feel empowered by your awareness of your feelings.

### Ideas for Healthy Alternatives to Eating

Hydrate yourself

Try deep breathing or meditation

Take a quick nap

Call/text a friend

Write in a journal

Listen to music

Call your Coach

Go for a quick walk

Enjoy a bath/shower

Visit the Jenny Craig blog

## P.R.P. TECHNIQUE

Social situations can be challenging, especially when there is an array of food and drinks on offer. Declining an offer and saying 'no' takes practice, but it is important to know that it is okay to say 'no' to an offering of food or drink.

Keep your response or explanation short. There is no need to share your personal goals unless you want to.

**Practice saying 'no' politely with the P.R.P. technique below:**

### Polite Response:

"Thanks for offering, your cake does look delicious!"

### Reason for Refusing:

"Dinner was perfect and I couldn't imagine eating another bite."

### Polite Response:

"I'll have to try it next time."

### Polite Response:

"Did you make these yourself? They look delicious!"

### Reason for Refusing:

"I've just had a large lunch meal, but thank you."

### Polite Response:

"I'll let everyone else enjoy them."

\*There is more detailed information about 'Managing Food Offers & Options' in the online Social Eater strategy card.

*It's not selfish to make your health a priority.*

## Four Step Solution

A lapse is a single event – maybe you didn't follow your plan, you missed a walk or let negative self-talk drive your day. Rather than 'throw in the towel', use it as an opportunity to learn and get back on track toward your goals.

***Lapses happen and are completely normal, but it is how you respond to them that matters.***

### 1. Forgive yourself:

The slip will not affect your weight loss if you get back on track now. Your lapse was a single event, a moment in your journey from which to learn and review why it happened, this way you can make plans for a different result in the future.

### 2. Analyse the situation and your typical response:

*Where were you? Who were you with? What was going on?*

"I was with friends at a party and everyone was enjoying the finger food. I wanted to as well."

*What did you say to yourself?*

"I've been 'good' all week, a few won't hurt."

*How did you feel?*

"I deserve a treat for how 'good' I've been."

*What did you do?*

"Ate 5 pieces of finger food and had 3 glasses of wine."

### 3. Plan your strategy for next time:

When faced with the situation again, what will you:

*Say to yourself?*

"I am in control of my choices. My goals are more important to me than this food and drink."

*Do differently?*

"I will bring a veggie plate with salsa and drink sparkling water after one glass of wine."

*Encourage yourself to feel?*

"Proud that I overcame the challenge and focused on my goals."

### 4. Summarise and rehearse your plan:

Discuss your plan with your Coach and rehearse with them – the more you say it and rehearse it, the more it will become second nature for the next time you need it.

