SYKEHUSET ØSTFOLD

1500 KCAL DIET SUGGESTION

Type of food:	Amount per day	Notes:
Bread:	4 slices wholemeal bread Approx. 40 g/slice	Marked as 3-4 on the bread scale 2 *knekkebrød* (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:	4dl a day	0.7% fat / dl or 100g Choose products with no added sugar
Toppings:	2 slices *lettere gulost* (light yellow cheese) (20g) 2 slices pure deli meats (30g)	Choose other toppings from the toppings list
Fruit, berries:	2 pieces	Vary what you eat. 2 dl berries = 1 fruit ½ avocado = 1 fruit 1 dl juice = 1 fruit
Potatoes, rice, pasta, bulgur, couscous, buckwheat:	2 potatoes or 1 dl boiled (1/2 dl / 30g 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 125g raw weight (about 100g cooked weight).	Load your plate using the weight loss plate portion model
Vegetables:	Unrestricted amount of at least 5 dl daily. Choose at least 0.5 dl 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 (40% fat)	Choose soft/liquid margarine or oil when cooking. Use light margarine on bread
***Tran* (Cod liver oil):**	1 teaspoon cod liver oil or cod liver oil capsules	Cod liver oil is important as it contains vitamin D and omega-3 fatty acids

- Drink water with meals and when thirsty

- 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 portion of oatmeal made of 1 dl oatmeal and 2-3 dl water.
2 dl milk/cultured milk/yoghurt

Lunch
2 slices of bread with a thin layer of light margarine and toppings
2 dl salad or whole/sliced vegetables

Dinner
2 potatoes/1 dl boiled rice/1-1 ½ dl cooked pasta
100g prepared meat, fish, chicken or 2 dl cooked beans/lentils
At least 3 dl vegetables. Vary between raw, boiled, woked or oven-roasted. 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 and toppings
1 glass milk/cultured milk/yogurt

2 pieces of fruit distributed optionally during the day

Tea-time / coffee break: Avoid sugar in tea and coffee. If you use milk in tea / coffee, use low fat milk (0,7 %fat). Biscuits/dried fruit/dates and nuts contain a lot of kcal, you should limit your intake, and do not eat every day.