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DIETITIANS

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INTRODUCTION

The 2 Day Diet is a clinically proven and easy-to-follow intermittent diet that can help you lose weight and become healthier.

Developed by acclaimed Prevent Breast Cancer scientists, Dr Michelle Harvie and Professor Tony Howell, it is a revolutionary approach to weight loss which calls for just two days a week of dieting (restricted days), rather than counting calories or skipping meals.

Unlike other 5:2 diets, there are only a few simple rules to follow on the diet days – low in carbohydrates (including low carb fruit and vegetables) but high in protein and healthy fats. This means that the two 'restricted' days will leave dieters feeling full and satisfied, rather than battling cravings. It is suggested to do your two days of dieting together. For the rest of the week, a balanced Mediterranean-style diet should be followed.

To reap the full benefits of the diet, on the 'unrestricted' days you should still be eating healthily, but you won't have to drastically cut your calories or feel as if you're depriving yourself of food as you would on other diets.

To purchase the books, please visit:

www.preventbreastcancer.org.uk/shop/books

HOW WE LOSE AND GAIN WEIGHT

We need energy to fuel our major organs, maintain the normal functions of the body (our metabolic rate), and to fuel any physical activity we do. Energy comes from food and drink. To stay the same weight we need to eat as many calories as we burn off .

To lose weight we either need to cut down our food intake, be more active or ideally a combination of both.

Being active can boost weight loss when we follow a diet, and helps us to burn fat and keeps our muscles. Being active also helps to improve fitness, reduce health risks and improve our well being and mood.

SECTION ONE

What to eat on your 2 'diet days'

The 2 Day Diet includes 2 low carbohydrate, low calorie 'diet days' each week. Try to do these days together each week.

The 2 low carb diet days are different to many other low carb diets you have heard of. The 2 day diet includes a healthy balance of foods. It is designed for optimum health, ensures you have a range of healthy protein foods and the right balance of healthy fats, and allows you some dairy / dairy alternatives foods, fruit and plenty of vegetables.

On the 2 'diet days' you can only have the following food portions which are explained on the following pages.

2 day diet portions allowed on each diet day

Food group	Men	Women
Carbohydrate	0	0
Protein	Minimum 6 Maximum 11	Minimum 5 Maximum 9
Fat	Maximum 4	Maximum 3
Dairy	Aim for 3	Aim for 3
Vegetables	Aim for 5	Aim for 5
Fruit	Aim for 1	Aim for 1

CARBOHYDRATES

On the 2 'diet days', you should avoid foods which contain lots of carbohydrate this includes the foods and drinks listed below.



Not allowed on 'diet days'

- Bread, or food containing bread such as breaded fish
- Breakfast cereals including porridge oats
- Pasta, or pasta products such as lasagne, spaghetti in tomato sauce, ravioli
- Rice, or rice products such as risotto, rice pudding, sushi
- Potatoes, or potato products such as fish cakes, mashed potato, chips, waffles
- Crackers, crisp breads and rice cakes
- Sugar and foods with added sugar e.g. cakes biscuits, fizzy drinks, honey, sweets, chocolate (you can use sweeteners)
- Flour or foods containing flour such as white sauces
- Alcohol

PROTEIN

For women: On each 'diet day' you can have between 5 and 9 portions of these protein foods.

For men: On each 'diet day' you can have between 6 and 11 portions of these protein foods.

Raw weights are listed for meats and fish (except tinned fish or lean ham).

Aim to have two servings of fish a week, including at least one serving of oily fish. A serving is 140g (4.9oz).

Have a maximum of 500g or 1lb 1oz of red meat a week, this can include a maximum of 6 portions of ham and bacon.

Avoid protein foods not listed in the table as these may be higher in carbohydrates.

Protein	1 portion	Equal to
Fresh or smoked white fish (e.g. haddock or cod)	60g or 2 oz	½ of a fish fillet
Seafood (e.g. prawns, mussels, crab)	45g or 1½ oz	¼ of a 180 g packet
Canned tuna in brine or spring water	45g or 1½ oz	⅓ standard tin (120g)
Canned tuna in olive oil	30g or 1 oz	¼ standard tin (120g)
Chicken, turkey, duck, pheasant	30g or 1 oz	1 slice size of playing card

Continues on next page.....

Oily fish (fresh or tinned in tomato sauce or olive oil - drained), e.g. mackerel, sardines, salmon, trout, tuna, kippers, smoked salmon	30g or 1 oz	¼ standard tin (120g) or ¼ fillet of salmon
Lean beef, pork, lamb, rabbit, venison, offal (fat removed)	30g or 1 oz	1 slice size of playing card
Lean grilled bacon	25g or ¾ oz	1 rasher
Lean ham	30g or 1 oz	1 medium, 2 small or 4 wafer thin slices
Eggs	60g or 2 oz	1 egg
Tofu	50g or 1½ oz	size of 2 match boxes
Quorn slices (bacon, ham, chicken)	25g or ¾ oz	2 slices
Low-fat hummus	30g or 1 oz	1 level tablespoon
Lentils, chickpeas & beans Raw weight	20g or ¾ oz	1 tablespoon
Cooked or tinned weight	65g or 2 oz	1½ tablespoons
Soya/edamame beans	30g or 1 oz	1 tablespoon
Quorn, e.g. pieces, mince, fillets	30g or 1 oz	1 tablespoon or 1/2 a fillet
Vegetarian sausage	25g or ¾ oz	½ sausage
Textured vegetable protein (TVP)	10g or ½ oz uncooked	1 heaped tablespoon uncooked
Frozen vegetarian mince	30g or 1 oz	1 tablespoon

DAIRY / DAIRY ALTERNATIVES

On each 'diet day', have 3 portions of these low-fat foods to help you get enough calcium.

Milk and dairy foods	1 Portion	Equal to
Milk (semi-skimmed or skimmed)	⅓ pint or 200 ml	1 small glass
Soya milk (with added calcium)	⅓ pint or 200 ml	1 small glass
Diet yoghurts, low fat/fat-free Greek, Greek style, fromage frais, plain soya yoghurt	120-150g or 4-5 oz	1 small pot or 3 heaped tablespoons
Whole milk natural yoghurt	80g or 1⅓ oz	2 tablespoons
Plain or fruit-flavoured high-protein yoghurt	120-150 g or 4-5 oz	1 small pot or 3 heaped tablespoons
Cottage cheese	75g or 1 ½ oz	2 tablespoons ¼ pot
Cream cheese (light or extra light)	30g or 1 oz	1 tablespoon
Quark	90g or 3 oz	⅓ pot or 3 tablespoons
Lower fat hard cheeses e.g. reduced fat cheddar, edam, bavarian smoked, feta, ricotta, mozzarella, reduced fat halloumi, paneer made from semi-skimmed milk	30g or 1 oz	No more than 120g or 4 oz a week Matchbox size

FRUIT

On each 'diet day' you can have 1 portion of fruit. The table below shows what counts as one portion of fruit.

Fruit	1 Portion	Equal to
Dried fruits (raisins, currants, apricots)	30g or 1 oz	1 tablespoon
Berries (e.g. blackberries, blueberries, redcurrants, raspberries, strawberries)	80g or 2 $\frac{2}{3}$ oz	1 handful
Cherries or grapes	80g or 2 $\frac{2}{3}$ oz	15 cherries
Grapefruit, guava and mango	80g or 2 $\frac{2}{3}$ oz	1/2 a whole fruit
Large fruit (e.g. melon, pineapple, papaya)	80g or 2 $\frac{2}{3}$ oz	1 medium slice
Medium fruits (e.g. apple, pear, nectarine, orange, peach, banana, pomegranate)	80g or 2 $\frac{2}{3}$ oz	1 fruit
Small fruit (e.g. fresh apricots, kiwi, clementine, passion fruit, plums)	80g or 2 $\frac{2}{3}$ oz	3 tablespoons
Any stewed fruit - unsweetened or with calorie-free sweetener e.g. apple, rhubarb	90g or 3 oz	$\frac{1}{3}$ pot or 3 tablespoons
Kumquats, lychees, physalis	80g or 2 $\frac{2}{3}$ oz	5 fruits

VEGETABLES

On each 'diet day' have Minimum of 5 portions of vegetables from the list below and overleaf. Each portion is 80 g or 2 $\frac{2}{3}$ oz (for both cooked and raw vegetables).

Vegetables	1 portion (80g or 2 $\frac{2}{3}$ oz) is equal to
Artichoke	2 globe hearts
Asparagus, canned	7 spears
Asparagus, fresh	5 spears
Aubergine	1/3 medium
Beans, French	4 heaped tablespoons
Beans, runner	4 heaped tablespoons
Beansprouts, fresh	2 handfuls
Beetroot (fresh or pickled)	1 large, or 4 baby
Broccoli	2 spears
Brussel sprouts	8 sprouts
Cabbage	1/6 small cabbage or 2 handfuls
Cabbage, pickled	3 heaped tablespoons
Cabbage, shredded	3 heaped tablespoons
Carrots	1 medium
Cauliflower	8 florets
Celeriac	3 heaped tablespoons
Celery	3 sticks
Chinese leaves	1/5 'head' Chinese leaves
Courgettes	$\frac{1}{2}$ large courgette
Cucumber	2 inch piece

Curly kale, cooked	4 heaped tablespoons
Fennel	½ cup sliced
Karela or Gourd	½ medium
Leeks	½ medium
Lettuce (mixed leaves)	1 cereal bowl
Mangetout	1 handful
Mushrooms, fresh	14 button or 3 handfuls of slices
Mushrooms, dried	2 tablespoons or handful porcini
Okra	16 medium
Onion	1/2 a large
Pak choi (Chinese cabbage)	2 handfuls
Parsnip	1 medium
Peas	2 heaped tablespoons
Pepper	½ pepper
Pumpkin	3 heaped tablespoons
Radish	10 radish
Spinach, cooked	2 heaped tablespoons
Spinach, fresh	1 cereal bowl
Spring greens, cooked	4 heaped tablespoons
Spring onion	8 onions
Sweetcorn, baby (not kernels)	6 baby corns
Tomato, canned	2 plum tomatoes or ½ large can chopped
Tomato, fresh	1 medium or 7 cherry
Tomato puree	1 heaped tablespoon
Tomato, sundried	4 pieces
Watercress	1 cereal bowl

FATS & HIGH FAT FOODS

For women: A maximum of 3 fat portions of the following healthy fat foods.

For men: Maximum of 4 fat portions of the following healthy fat foods.

You can use low calorie spray oil freely and don't have to count this in your fat portions.

Fat	1 Portion	Equal to
Margarine or low fat spread (olive oil based, avoid the buttery types)	8g	1 teaspoon
Olive/Vegetable/Rapeseed oil	7g	1 dessertspoon
Oil based dressing	7g	1 dessertspoon
Seeds (e.g. linseed, pumpkin, sunflower, sesame, chia, hemp)	7g	1 dessertspoon
Unsalted or salted or dry roasted nuts (not chestnuts on 'diet days')	7g	1 dessertspoon or 3 walnut halves, 3 brazils, 4 almonds, 8 peanuts, 10 cashews or pistachios
Pesto	8g	1 teaspoon
Avocado	40g	¼ of an average
Olives	50g or 1 ⅔ oz	10 olives
Mayonnaise	5g	1 teaspoon
Low fat mayonnaise	15g or ½ oz	1 tablespoon
Peanut butter (without palm oil)	11g	1 heaped teaspoon
Curry paste or Harissa paste	15g or ½ oz	1 tablespoon
Cocoa powder	12g	2 heaped teaspoons

SNACKS

Try these snack ideas if you are hungry between meals on the 2 'diet days'. Snacks count towards your daily portions, e.g. olives count towards your fat portions.

- Salad or cooked vegetables with cottage cheese, low-fat cream cheese or low fat hummus
- Half a pot of cottage cheese
- Stir fried tofu or chicken strips lightly fried inspices
- Half a tin of sardines or pilchards
- Hard boiled egg
- 30g piece of low fat cheese
- Olives
- Celery sticks filled with low-fat cream cheese
- Fruit
- Vegetable sticks, such as celery, cucumber, green peppers, mangetout, spring onions and cherry tomatoes with salsa, low-fat hummus, yoghurt dip
- Bowl of homemade soup
- Small handful of nuts (for example Brazil nuts,walnuts or pistachios)
- Yoghurt from allowed list
- Homemade smoothie made with skimmed orsemi-skimmed milk, yoghurt from allowed list andone piece of allowed fruit
- Sugar-free jelly
- Ice lolly made from frozen, diluted, sugar-freesquash

DRINKS

It is important to drink plenty on your 'diet days'. We recommend you drink at least 8 glasses of fluid each day . This helps you to feel full and helps prevent constipation.

We often mistake thirst for hunger so if you really fancy something to eat try having a large drink first and see if your cravings go away. There's no need to avoid drinks containing caffeine, for example tea and coffee. Some research shows these drinks can be beneficial for your health.



Include on 'diet days'

At least 8 drinks a day:

- Water
- Tea
- Coffee
- Green tea
- Herbal teas
- Sugar-free, no added sugar or diet squash and fizzy drinks



Not allowed on 'diet days'

- Alcohol
- Adding sugar to drinks
- Regular fizzy drinks which contain sugar
- Fruit juice or shop bought smoothies
- Drinking chocolate (can have cocoa
- sweetened withsweetener)
- Malted milk drinks (e.g. Horlicks, Ovaltine) includinglow fat versions
- Flavoured water which contains sugar (check the label)

TREATS

On the 2 'diet days', most treat foods like chocolate, biscuits or ice cream are not allowed as they are high in carbohydrates.

If you do want something sweet on a 'diet day' you could try one of the following options:

- ✓ Make a hot chocolate with semi-skimmed milk, cocoa powder and sweeteners
- ✓ Sugar free jelly
- ✓ Ice lollies made from frozen no added sugar squash
- ✓ Sugar free mints (up to 10 a day)
- ✓ Homemade smoothie made with skimmed or semi-skimmed milk, yoghurt from allowed list on page 8, and one piece of allowed fruit
- ✓ Sugar free gum
- ✓ Root liquorice (from health food shops)

FLAVOURINGS

You can use these flavourings freely;

- ✓ Lemon juice
- ✓ Fresh or dried herbs and spices
- ✓ Fresh ginger and garlic
- ✓ Black pepper
- ✓ Mustard or horseradish
- ✓ Vinegars e.g. red or white wine vinegar or balsamicvinegar
- ✓ Fresh or pre-chopped garlic or ginger
- ✓ Chilli e.g fresh, powder or dried flakes

SECTION TWO

What to eat on the five Mediterranean days

THE MEDITERRANEAN DIET

You may have already heard about the heart health benefits of following a Mediterranean diet. A Mediterranean style diet is high in wholegrains, uses more monounsaturated fats (e.g. olive oil) and less saturated fats (e.g. butter), and includes plenty of colourful fruits and vegetables as well as oily fish and low fat proteins like beans and lentils.

As well as the benefits to your heart, there is also evidence that a Mediterranean diet assists weight loss and decreases the risk of cancer. This is why we advise following a Mediterranean diet on the five remaining days.

Include these

- A Variety of different vegetables at least portions 5 a day!
- 2-3 portions of fruit a day
- Low fat proteins (see pages 5 & 6)
- Wholemeal/brown carbohydrates (page 17)
- Low fat dairy / dairy alternatives foods (page 7)
- 8 drinks of water, tea, coffee
- Two portions of fish a week

Only small amounts or none of these

- Unhealthy saturated fats (try to stick to the fats recommend on page 11)
- Alcohol
- High sugar foods and drinks
- Takeaways and fast food

CARBOHYDRATES

Choose wholegrain carbohydrates whenever possible. These have more fibre and nutrients than white versions, take longer to digest and absorb and can keep us feeling full for longer, which can help stop unhealthy snacking.

Try to cut down on sugar and sugary snacks such as sweets cakes and biscuits. These just give us extra calories with few nutrients and because they are quickly digested they often leave us craving for more!

If you eat these.....

White bread, french stick, bagels, croissants, crumpets

White pasta, white rice, white cous cous, noodles

Cornflakes, white rice cereal, sugary cereals, instant oat cereal

Crisps, sweets, biscuits, sugary popcorn, doughnuts, cakes

Mashed potato, chips

Cream crackers, rice cakes

Sugary fizzy drinks

...why not switch to these

Wholemeal bread, granary or multi-grain bread (ideally choose wholemeal versions), wholemeal pitta bread, pumpnickel bread, rye bread, white bread with added fibre

Bulgar wheat, quinoa, brown noodles, wholewheat pasta, brown rice, wholewheat cous cous

Porridge, bran-based cereals like branflakes, wholewheat biscuits, no-added sugar muesli

Fruit, yoghurt, nuts, unsweetened popcorn

Sweet potatoes, new potatoes boiled in their skins, jacket potatoes

Oatcakes, rye crispbreads, wholewheat crackers

Water, sugar-free squash, diet fizzy drinks

DRINKS

It is important to drink plenty especially when you're trying to watch your weight, as we sometimes think we're hungry when we're actually thirsty. We recommend you drink at least 8 glasses of fluid each day.

Include

- Water
- Tea, green tea and herbal teas (with out sugar)
- Coffee
- Herbal teas
- Make a hot chocolate with semi-skimmed milk,cocoa powder and sweeteners

Limit

- Alcohol: have no more than 10 units a week
- Fruit juice: have a maximum of 150ml glass a day
- Sugar free no added sugar squash diet drinks max of 1 / day

Avoid

- Adding sugar to drinks
- Regular fizzy drinks
- Regular drinking chocolate or malted milk drinks
- Fruit smoothies
- Flavoured water which contains sugar (check the label)

ALCOHOL

If you chose to include alcohol have no more than 10 units a week. Having more than this will slow down weight loss and have a negative impact on your health increasing your risk of developing cancers, heart disease and diabetes.

Alcohol contains lots of calories so it is best to keep your intake to a minimum. The drink with the fewest calories, is a spirit and diet mixer (e.g. gin & slimline tonic, whisky & diet cola). The table below show you how may calories are in different alcoholic drinks.

Make sure you're keeping track of how many units you have. Be sure to measure out your drinks if you're pouring them at home where you may be tempted to pour yourself a bigger glass than you would get in a pub. If you don't know how many units are in a drink check the bottle or visit the drinkware website www.drinkaware.co.uk

Alcohol	Units	Calories
Glass of wine 13% (250ml)	3.3	240
Cider (1 pint)	2.3	210
Beer/lager 4% (1 pint)	2.3	170
Glass of wine 13% (175ml)	2.3	170
Champagne (125ml)	1.5	100
Port (50ml)	1.0	79
Sherry (50ml)	1.0	58
Gin and slimline tonic (25ml gin)	1.0	50

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