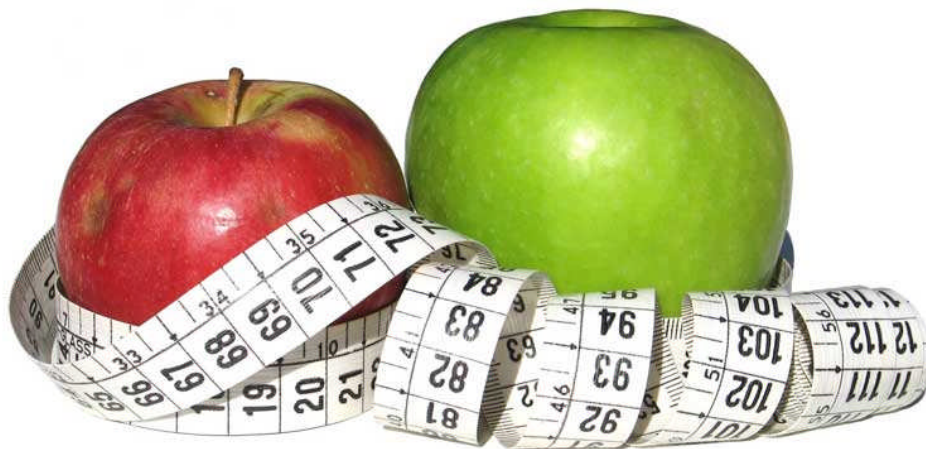


Menu proposal for employees
suffering from

Overweight/obesity



for life

The High Carb Diet

(High in complex carbohydrates)

Main Goal

For people suffering from overweight or obesity the main goal is to lower the energy intake, so it does not exceed the energy expenditure. Through a permanent sensible diet it is possible to make sustainable weight loss to avoid further damage on the body. This suggested diet promotes a healthy varied diet focused on reducing the intake of fat, increasing the intake of complex carbohydrates and keeping a moderate intake of protein.

Where is the Fat?

Fat is a good energy source, and the body needs some fat to function properly, but not a lot and it should be the "good" fat! There is saturated fat in most animal foods and dairy products; that is NOT good for your body. There is monounsaturated fat (MUFA) and polyunsaturated fat (PUFA) in most fish, nuts, seeds and in some fruits and vegetables; that is GOOD for your body – but only in limited amounts. NOTE: Transfatty acid is the really bad fat, so avoid food that contains transfatty acids (most processed and fast food). If you need to buy processed food read the nutritional label and avoid food that contains "trans fat", "partially-hydrogenated vegetable oils", "hydrogenated vegetable oils" or "shortening".

Where are the Complex Carbohydrates?

Complex carbohydrates help your digestive system to function properly and they make you feel full for longer time. Complex carbohydrates are found in fresh vegetables, fruits, whole grains and legumes. Try to incorporate complex carbohydrates in all your meals, especially vegetables.

Where is the Protein?

Protein has a great satiety effect, so you will feel full for longer time. You get protein from animal sources like meat, fish, poultry, milk products, cheese etc. But be aware of the fat content in these products! Furthermore, you can get protein from plant sources like beans and lentils that contain complex carbohydrates and less fat. Try to incorporate app. 100g of protein containing foods in all your meals.

General Food Groups in the High Carb Diet

<i>Vegetables & Fruits</i>	<i>Nuts, seeds and legumes</i>	<i>Fat free/ low fat milk products</i>	<i>Lean meat, fish and poultry</i>	<i>Vegetable oils</i>
All kinds (but more vegetables than fruits!)	All kinds (be aware of the fat content of nuts!)	Milk Yoghurt Cheese	Fish Chicken Turkey Egg whites Pork Beef	Corn Olive Peanut Safflower Sesame Soybean Sunflower

Menu Proposal

A healthy diet is based on fresh cooked food in the right combination of the major food groups, as pictured below:



The main meals should be divided as; $\frac{1}{2}$ plate with vegetables, $\frac{1}{4}$ plate with whole grain products (e.g. bread, pasta, rice etc.), and $\frac{1}{4}$ plate with protein products (e.g. fish, poultry, legumes etc.). In between the main meals, fruits are a good source of energy, vitamins and minerals.

Ideas for Lunch

Chicken Salad

- 3 ¼ cups chicken breast, cooked, cubed, and skinless
- ¼ cup celery, chopped
- 1 Tbsp lemon juice
- ½ Tsp onion powder
- 1/8 Tsp salt (can be omitted)
- 3 Tbsp mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Chicken Sandwich

- ¾ Cup [Chicken Salad](#)
- 2 Slices whole wheat bread
- 1 Tbsp regular mustard

1. Spread mustard on the bread and put the [Chicken Salad](#) in between the two slices of bread. Serve with [Green Salad](#) (see below).

Green Salad

- ½ Cup fresh cucumber slices
- ½ Cup tomato wedges
- 1 Tbsp sunflower seeds
- 1 Tbsp Italian dressing, low calorie

1. Mix the ingredients together and add dressing before eating.

Omelet with Vegetables

- 3 Egg whites
- 1 Egg yolk
- 1/8 Tsp salt
- ¼ Tsp black pepper
- 1 Tsp vegetable oil
- 100 g mixed fresh vegetables and herbs (e.g. tomato, cucumber, mushroom, potato, sprouts, broccoli etc.)

1. Mix egg whites and yolk with salt and pepper and fry it on a pan in the vegetable oil.
2. After a few minutes, put the vegetables on the egg mass and fold it around the vegetables.
3. Serve with [Green Salad](#) (see above)

Turkey Breast Sandwich

- 85 g chicken breast, skinless
- 2 Slices whole wheat bread
- 1 Slice natural Swiss cheese, low sodium
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Tsp mayonnaise, low fat
- 1 Tbsp regular mustard

1. Put all the ingredients in between the two slices of bread.
2. Serve with 1 cup steamed broccoli.

Tuna Sandwich

- ½ Cup tuna, drained, rinsed
- 1 Tbsp mayonnaise, low fat
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Slices whole wheat bread

1. Put all the ingredients in between the two slices of bread.
2. Serve with 1 cup [New Potato Salad](#) (see below)

New Potato Salad

- 16 Small new potatoes
- 2 Tbsp olive oil
- ¼ Cup green onions
- ¼ Tsp black pepper
- 1 Tsp dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate until ready to serve.

Beef Barbeque Sandwich

- 60 g sliced beef
- 1 Tbsp barbeque sauce
- 2 Slices natural Cheddar cheese, reduced fat, low sodium
- 1 Whole grain hamburger bun
- 1 Large leaf Romaine lettuce
- 2 Slices tomato

1. Put all the ingredients in the burger bun.
2. Serve with 1 cup [New Potato Salad](#) (see above)

Tuna Salad

- 2 Cans tuna, water pack
- ½ Cup raw celery, chopped
- 1/3 Cup green onions, chopped
- 6 ½ Tbsp mayonnaise, low-fat

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Tuna Salad Sandwich

- ½ Cup [Tuna Salad](#) (see above)
- 1 Large leaf Romaine lettuce
- 2 Slices tomato
- 2 Slices whole wheat bread

1. Add lettuce, tuna salad and tomato in between the two slices of bread.

Ideas for Snacking

It is a good idea for a steady energy flow throughout the day, to have a healthy snack in between the main meals.

Everyday snacks can be:

- Fresh fruit; either 1 piece of fruit (apple, pear, orange, apricot etc.) or 1 cup of fresh fruit salad
- 50-100g of fresh vegetables; tomatoes, carrots, peppers, cucumbers etc.
- ½ - 1 cup fat-free yoghurt, no sugar added
- 1/3 cup almonds, unsalted

Occasionally snacks can be:

- ¼ cup dried fruit (raisins, apricot, figs etc.)
- 1-2 pieces whole grain crackers/crisps, unsalted

Sustainability

Healthy eating is only one part of weight loss. Physical activity is another part. When you move you increase your energy expenditure, and thereby it is easier to excess your energy intake. Try to exercise moderate activity at least 30 minutes per day (e.g. walk, bike, run) – it can be in small bouts of 5-10 minutes at a time.