

# Food & Mind

## Week 6



### For any 5 days

- 2 Foodpacks a day
- 2 meals, which you can make with:
  - Anything from your weeks 1, 2, 3, 4 and 5 choices
  - Bread, including rolls, tortillas/ wraps, thins, pittas, naans, chapattis, bagels, crumpets, English muffins, and breadcrumbs and flour – preferably wholemeal or wholegrain
  - Crispbreads, crackers, oatcakes, rice cakes, corn cakes, breadsticks and other types of savoury biscuits
  - Jams, sweet and savoury spreads (e.g. honey, maple syrup, marmalade, Marmite)
  - Snack foods (e.g. biscuits, cakes, chocolate, crisps, sweets, popcorn)
  - Alcohol

### For any 2 days

- 4 Foodpacks a day
- No conventional food

### Every day

- Any LighterLife extras
- Water, tea and coffee, sugar-free diet drinks

### FAQs

#### *How much can I eat?*

Think in terms of a medium slice of bread, 1 crumpet, 1 small pitta (half a large one), 2-3 crispbreads or crackers, half a bagel, roll or muffin... use the shape as a natural guide and the skills you've been developing so far to make your own judgement call.

Snack foods are often found in "family sized" packs – we'd recommend buying the smallest instead (e.g. a small packet of popcorn or a "funsize" chocolate bar). Some people find setting a limit of around 100-150 kcal per snack useful, while others split larger "sharing" quantities into individual bags or containers. With jams and other spreads, 1 tsp is a handy base level.

For more information on week 6 foods and portion guides, plus tasty tried and tested recipes like fajitas, cheesy pasta gratin and very berry crepes, pop along to our website.



## Habit is what keeps you going

Humans are creatures of habit – helpful and unhelpful behaviours that are very familiar. When a habit is contributing to unwanted consequences, such as yo-yo dieting, then it's best replaced with more helpful behaviour. Rather than simply stopping an unhelpful habit and leaving a void, it's more effective to replace the old behaviour by setting up a new routine which will eventually become your new habit.

New choices are the stuff of change and change can be tough. Being back with conventional food can be a big reminder of old habits. If you had a habit of eating in a way that contributed to weight gain – like snacking in front of the television – you don't necessarily need to stop snacking completely but perhaps simply change what you snack on. If you have a habit of swallowing or drowning unhappy feelings with food or alcohol then it's helpful to find other ways of supporting yourself in these situations.

Weight regain is the result of what might feel like falling back into old habits, but it's not a passive act of "falling"; it's always you who chooses what you eat and drink. Fact! Support during this process of change is vital. Research shows that continuing to attend your weekly meetings is one of the main keys to long-term weight management, to a new life for life.

**Hot  
Tip**

Pull up a chair. Take a taste.  
Be part of LighterLife.  
Life is so endlessly delicious.

[www.lighterlife.com](http://www.lighterlife.com)