Scandi Sense

**HANDFUL 1 (+2)**

**VEGETABLES**
c. 100-250 g
1-2 handfuls

**HANDFUL 3**

**PROTEIN**
c. 100-200 g
MEAT
POULTRY
FISH
LOW-FAT CHEESE
(max. 17% fat)
1 HANDFUL = 2-3 eggs

**HANDFUL 4**

**STARCH AND/OR FRUIT**
BREAD
PASTA
RICE
POTATOES
MUESLI (less than 13g of sugar per 100g)
FRUIT/BERRIES
Choose wholemeal

1 HANDFUL = 100ml oatmeal,
1 piece of fruit
or 1 slice of bread

N.B. This handful can be replaced by up to 1/2 Handful 3 (protein) and possibly more vegetables.

**1-3 TABLESPOONS OF FAT** Per meal
8–10g “pure fat” per tablespoon
COCONUT OIL
OLIVE OIL
BUTTER
MAYONNAISE
NUTS/KERNELS
PESTO
DARK CHOCOLATE (min. 70% cocoa solids)
CHEESE (18% or above)
3 TABLESPOONS = 1/2 large avocado

**REMEMBER:**
3 MEALS A DAY
– ONLY WHEN HUNGRY
At least 2 of your 3 meals shall contain this combination of VEGETABLES, PROTEINS, STARCH/FRUIT and FAT

**OPTIONAL:**
2 TABLESPOONS OF DAIRY DRESSING Per meal
Up to 9% fat

300ml (1/2 pint) DAIRY PRODUCTS Per day
Up to 3.5% fat
Max. 5g sugars per 100g