



Scandi Sense



VEGETABLES

c. 100-250 g
1-2 handfuls



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



PROTEIN

c. 100-200 g
MEAT
POULTRY
FISH
LOW-FAT CHEESE
(max. 17% fat)

1 HANDFUL = 2-3 eggs



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.

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