

FILLING & HEALTHY FOOD LIST

Fill up at mealtimes - and between meals as needed - by choosing your snacks and meal ingredients from this list. There's no need to weigh, measure or count any of these Filling & Healthy foods.

- **Bacon medallions**

- **Baked beans**

- **Beans & pulses:**

- Aduki
- Black-eyed
- Borlotti
- Broad
- Butter
- Cannellini
- Chickpeas
- Flageolet
- French
- Green
- Haricot
- Kidney
- Lentils
- Mixed pulses
- Mung
- Pinto
- Runner
- Soya
- Split peas

- **Beef:**

- Braising steak, lean
- Fillet steak, lean
- Mince, extra-lean
- Rump steak, lean
- Silverside, lean
- Sirloin steak, lean
- Stewing steak, lean

- **Bread, small sliced, brown, calorie-controlled**

- **Buckwheat**

- **Bulgur wheat**

- **Cheese:**

- Cottage, low

- fat, natural
- Quark, natural

- **Chicken:**

- Breast, skinless
- Drumstick, skinless
- Leg, skinless
- Mince
- Wafer thin

- **Couscous, wholewheat**

- **Crabsticks**

- **Crumpets**

- **Egg, whole:**

- Duck
- Goose
- Hen
- Quail

- **Egg white**

- **Fish*:**

- Cod
- Cod, smoked
- Coley
- Dover sole
- Grouper
- Haddock
- Haddock, smoked
- Hake
- Halibut
- Herring roe, soft
- Hoki
- John Dory
- Lemon sole
- Monkfish
- Mullet

- Orange roughy

- Pike

- Plaice

- Pollock

- Red snapper

- Rock salmon

- Salmon

- Salmon, tinned,

- pink/red

- Sardines

- Sea bass

- Sea bream (red fish)

- Shark

- Skate

- Squid

- Swordfish

- Tilapia

- Trout

- Trout, smoked

- Tuna

- Tuna in brine/spring water

- Turbot

- Whiting

- **Fromage frais, natural, fat-free**

- **Fruit:**

- Fresh (except avocado)
- Frozen
- Tinned in natural juice, drained

- **Gammon steak**

- **Garlic**

- **Ginger**

- **Goat**

- **Guinea fowl**

- **Ham:**

- Premium

- Pre-packed slices

- Wafer thin

- **Heart, lamb's**

- **Herbs, fresh**

- **Jelly, sugar-free**

- **Kidney:**

- Lamb
- Pig

- **Liver:**

- Calf
- Chicken
- Lamb
- Ox
- Pig

- **Milk:**

- Skimmed
- Unsweetened soya
- Unsweetened almond

- **Millet**

- **Nori**

- **Oat bran**

- **Oats**

- **Octopus**

- **Partridge**

- **Passata**

- **Pasta, wholewheat**

- **Pigeon**

- **Popping corn**

- **Pork:**

- Escalope
- Fillet, lean
- Leg, lean
- Loin steak, lean
- Mince, extra-lean
- Shoulder, lean
- Tenderloin

- **Potatoes, all types**

- **Puffed wheat, no added sugar or salt**

- **Quail**

- **Quinoa**

- Bacon-style rashers
- Fillet
- Mince
- Pieces

- **Rabbit**

- **Rice, brown**

- **Sandwich thins, brown**

- **Shellfish:**

- Clams
- Cockles
- Crab
- Crab in brine, drained
- Crayfish
- Lobster
- Mussels
- Oysters
- Prawns, all types
- Scallops
- Shrimps
- Whelks
- Winkles

- **Shredded Wheat (or supermarket alternative)**

- **Soya mince**

- **Tofu, regular/smoked**

- **Turkey:**

- Breast mince

- Breast, skinless

- Roasted, skinless

- Steak

- Thigh, skinless

- Wafer thin

- **Veal escalope**

- **Vegetables:**

- Fresh

- Frozen

- Tinned in water or brine

- **Venison, lean**

- **Weight Watchers:**

- Brown Danish Bread
- Extra Trimmed Bacon
- Original Breakfast Oats
- Petits Pains
- Pitta Breads, white and wholemeal
- Tortillas
- Wraps

- **Wheat bran**

- **Wheat germ**

- **Yam**

- **Yogurt:**

- Greek, 0% fat natural
- Fat-free natural
- Low-fat natural
- Soya, plain

*Our Filling & Healthy food list is designed to help members make informed choices based on the energy density, fat, sugar, salt and fibre content of any food. Our goal is to provide the most comprehensive database possible to best serve all members' needs. However, we recognise and share concerns that some foods may be in scarce supply, under threat through over-farming, endangered or sourced through unethical means. As such we recommend members to refer to the Marine Conservation Society's Good Fish Guide for further guidance, so you can make better informed food choices. <http://www.goodfishguide.co.uk/pocket-goodfishguide>