

all about syns

You've filled up on Free Food, you've chosen your Healthy Extras – and now it's time to find out more about Syns.

In this section you'll find hundreds of everyday foods. Any food that isn't Free Food or isn't being used as a Healthy Extra has a Syn value listed next to it – this value applies when you're following Extra Easy and Extra Easy SP.

The Syn values listed here are averages taken from over 40,000 branded products. Syn values for brands differ and products do change from time to time, as brands and supermarkets change their recipes. We update our Syns database daily to reflect those changes, so you might find differences between online values and the values printed here. You'll always find the most up-to-date Syn values online.

In this section you'll also find extra pointers and 'steps to success' to help you perfect your Food Optimising know-how, show you where those cheeky hidden Syns could creep into an otherwise perfect Food Optimising day and ensure you sail smartly through a successful Food Optimising week, every week. Enjoy!



Syns Online

Available on your computer, tablet and mobile – the best place to check the most up-to-date Syn values.



Syns hotline: 09068 518 518* (UK only. Mon-Fri 9am to 7pm)

*If possible please have the product packaging with you when calling. *All calls are charged at 60p per minute from a BT landline. Calls from other providers may vary and calls from mobile phones may be considerably more. Please contact your service provider for information.*

contents

biscuits & crispbreads	drinks – alcoholic	nuts & seeds	savoury spreads & pates
bread & bakery items	drinks – cold	pancakes & yorkshire puddings	soups
cakes	drinks – hot	pizzas	stuffings & stuffing mixes
cereals & cereal bars	eggs	puddings, desserts & sweet sauces	sweets & chocolates
coleslaw & salads	fats & oils	ready meals	vegetables & pulses
crispbakes	fish	rice, pasta & grains	vegetarian foods
crisps & snacks	fruit	sandwiches & sushi	
dairy products	ices	savoury pastries	
dressings & dips	jams, marmalades & sweet spreads	savoury sauces & gravies	eating out
	kitchen basics		
	meat & poultry		

biscuits & crispbreads

crispbreads

Only high-fibre crispbreads are Healthy Extra 'b' choices.

Each unless stated

Corn cakes/ thins, all varieties	1.0
Crackerbread, all varieties	1.0
Crispbreads, made with olive oil, eg. Dr Karg	5.5
Crispbreads, eg. Ryvita, multigrain	2.0
original/rye	1.5
seeded	2.0
sweet/savoury flavours	2.5
Dutch crispbreads	1.5
Melba toast	0.5
Rice cakes, coated	4.0
plain, large	1.5
savoury, large	1.5
savoury, 30g pack	5.0
sweet, large	3.0
sweet, 30g pack	6.0

savoury biscuits

Each unless stated

Breadsticks, flavoured	1.5
plain, standard	1.0
plain, mini	0.5
Butter puffs	2.5
Cheese crackers/ thins	1.0
Cheese sandwich biscuit, eg. Tuc	3.5
Cheese straws/ twists	2.0
Cornish wafers	2.5
Cream crackers, standard	2.0
reduced fat	1.5
Oatcakes, flavoured/plain	2.5
Pastry twists, eg. Chive/onion/olive	2.0
Water biscuits, large	1.5
small	0.5
Wheat & grain crackers	1.5

sweet biscuits

Each unless stated

Amaretti	1.5
American-style cookies, large, choc chip/double choc	15.5
oat & raisin	13.0
American-style cookies, mini, all varieties	4.5
Biscotti/ cantuccini	2.0
Biscuit bars, cream filled & chocolate coated	5.5
Bourbon creams	3.5
Brandy snaps, basket	5.0
curl	3.0
Chocolate & caramel wafer bar	6.0

steps to success

Biscuits, chocolates, crisps, nuts, savoury snacks – 'trigger' foods are packed with Syns, almost impossible to resist and completely moreish! No food is banned, so learn to know yourself, and if you know something is your 'trigger' food, steer clear!

Jam & mallow wheels, eg. Wagon Wheels	5.0
Jam sandwich biscuits, eg. Jammie Dodgers, Jam Rings	4.0
Malted milk	2.0
Morning coffee	1.0
Nice	2.0
Oat biscuits, eg. Hobnobs, chocolate coated	4.5
plain	3.5
Oreo cream sandwich	2.5
Pink wafers	2.0
Rich tea biscuit, chocolate/cream filled	3.0
plain	2.0
reduced fat/light	1.5
Rich tea fingers	1.0
Shortbread, finger	4.5
round	5.0
tail/triangle	3.0
Viennese whirl	8.0

steps to success

Picture yourself making the right choices. Visualise the next time you will have to decide 'yes' or 'no' and see yourself making the right decisions. Good picture = good weight loss!

bread & bakery items

bakery items

Each unless stated

Bagels, cinnamon & raisin	11.0
multigrain/seeded	11.5
onion	11.5
plain, standard	11.0
plain, mini	4.5
Belgian bun	19.0
Brioche, chocolate/plain, 25g	4.5
Chelsea buns	12.5
Croissant, all butter	9.0
standard	8.5
reduced fat/light	7.5
mini	6.5

bakery items cont...

Crumpets/pikelets	4.5
Currant bread/ fruit loaf, 35g slice	5.0
English muffin, fruit cheese	9.5 9.0
white	8.0
wholemeal	8.0
Fruited teacake	10.0
Hot cross bun	9.5
Iced bun/ finger, large	11.5
standard	7.0
Malt loaf, 25g	4.0
Pain au chocolat, standard	12.5
mini	6.0
Pancakes/ crepes, filled with chocolate	6.5
plain	4.5
Pastries, pain au raisin maple & pecan	20.5 19.5
Potato farl/ scone, 65g each	5.5
Scones, cheese	13.0
fruit	11.5
plain	13.0
Scotch pancakes	4.0
Soda farl, 142g each	16.5
Sweet waffles	6.5

bread

Baguette, white, 50g serving	6.5
Chapati/ roti, each	6.5
Ciabatta, garlic, half loaf	22.0
garlic, individual slice	5.0
plain/olive, half loaf	18.0
plain/olive, individual slice	4.0
Focaccia, 50g serving	7.0
Fried bread, medium slice	12.5
Garlic baguette, standard, half baguette	15.0
slice	4.5
Garlic baguette, reduced fat, half baguette	11.5
slice	3.5
Granary/ mixed grain/ wholegrain bread, any loaf, medium slice	4.5
thick slice	5.5
Naan bread, garlic & coriander, large	22.5
mini	8.5
Naan bread, peshwari, large	23.0
mini	8.5
Naan bread, plain, large	17.5
mini	7.0

steps to success

If you are thinking of spreading butter on your bread, think again. Study the 'butter & margarine' section before you decide. You'll find a new flavour comes through when you decide not to!

Pitta bread, white, large	11.0
standard	7.5
mini	4.0
Pitta bread, wholemeal, large	10.5
standard	7.5
mini	3.5
Rye bread, 50g serving	5.0
Seeded bread, any loaf, medium slice	4.0
thick slice	5.5
Soda bread, brown/wholemeal, 50g serving	6.0
White & wholemeal bread (50/50), any loaf, medium slice	4.0
thick slice	5.0
White bread, large loaf, medium slice	4.5
thick slice	5.5
White bread, small loaf, medium slice	2.5
thick slice	3.5
White bread, gluten free, medium slice	3.0
Wholemeal bread, large loaf, medium slice	4.0
thick slice	5.0
Wholemeal bread, small loaf, medium slice	3.0
thick slice	4.0
Wholemeal/ multigrain bread, gluten free, medium slice	3.0
Wraps/ tortillas, seeded, each	9.5
white, each	9.0
white & wholemeal (50/50), each	8.5
wholemeal, each	8.0

bread rolls

Each unless stated

Bread rolls, white, large	11.5
white, standard	8.0
white & wholemeal (50/50)	7.5
wholemeal, large	11.0
wholemeal, standard	8.0
gluten free	10.5
granary/mixed grain	10.0
cheese-topped	9.0

Ciabatta rolls	11.0
Finger rolls, white	6.0
Panini rolls	12.0
Petit pain rolls, part-baked	6.5
Submarine rolls, white wholemeal	12.0 11.0

cakes

Almond slice, individual, each	7.0
American-style muffins, large, blueberry, each	13.5
choc chip, each	18.0
double chocolate, each	16.0
American-style muffins, mini, blueberry, each	5.5
choc chip, each	6.0
double chocolate, each	5.0
Bakewell slice, individual, each	7.5
Bakewell tart, 25g individual, each	5.0 10.0
gluten free, each	10.5
Battenberg cake, 25g mini, each	5.0 7.0
Carrot cake, with icing, 25g	5.0
Carrot cake slices, individual, each	6.0
Chocolate brownies, standard, each	10.0
mini, each	3.0
Chocolate cake bar, each	6.5
Chocolate crispy cakes, each	3.5
Chocolate fudge cake, 25g	5.0
Chocolate sponge cake, with icing, 25g	5.0
Chocolate yule log, 25g	5.5
Choux bun, with fresh cream, each	16.0
Coconut cake, 25g	5.5
Coconut macaroons, each	7.0
Country slice, individual, each	4.5
Cream horn, each	12.5
Cupcakes, chocolate, each	16.0
vanilla, each	14.5
mini, all varieties, each	4.5

Doughnut, ring, each	12.0
ring, mini, each	2.5
custard, each	12.0
jam, each	9.0
jam & cream, each	12.0
Eccles cake, each	14.5
Eclair with cream & chocolate, standard, each	12.0
mini, each	2.5
Egg custard tart, individual, each	11.5
Fairy cakes, iced, each	5.0
plain, each	4.0
Flapjack, chocolate coated, each	11.5
chocolate coated, bitesize, each	4.0
fruit, each	14.5
plain, each	9.5
plain, bitesize, each	4.0
Fondant/ French fancy, each	5.0
Fruit cake, plain, 25g	4.5
with icing & marzipan, 25g	4.5
gluten free, individual, each	7.0
Fruit pie, individual, each	11.5
Fruit tart, with cream, individual, each	17.0
Ginger cake, 25g	4.5
Jam tart, individual, each	6.0
gluten free, each	7.5
Lemon slice, individual, each	5.5
Madeira cake, cherry, 25g	5.0
plain, 25g	4.5
iced, 25g	4.5
Meringue, with cream, each	7.5
Mince pie, iced, each	11.0
plain, each	12.5
Mini rolls, chocolate, each	5.0
jam & cream, each	4.0
Sponge cake, with jam & fresh cream, 25g	4.0
jam/cream filled, 25g	4.5
Stollen bites, each	4.5
Stollen slices, individual, each	10.0
Swiss roll, chocolate & cream filled, 25g	5.0
jam/cream filled, 25g	4.5
Vanilla slice, custard/cream filled, each	13.0
Vanilla sponge cake, iced, 25g	4.5

cereals & cereal bars

cereal bars

Each unless stated

Breakfast cereal bars	5.5
Cereal bars, luxury, 35g bar	9.0
50g bar	12.5
Cereal bars, nuts	8.0
chocolate	6.5
fruit & nut	6.0
fruit	5.5
higher fibre	3.5
reduced calorie/light	3.0
Hi-fi	6.0
Hi-fi Light	3.0
Granola bars	9.5

cereals

Only high-fibre, wholegrain cereals count as a Healthy Extra 'b' choice.

25g unless stated

Bran flakes	4.0
Cocoa rice pops	5.0
Corn flakes	5.0
Frosted flakes	5.0
Fruit & fibre	4.5
Fruit-filled wheat biscuits, apricot	4.0
blueberry	4.0
cranberry	4.0
raisin	4.0
Granola, plain	5.0
fruit & nuts	5.5
High fibre wheat bran cereal, eg. All-Bran Original	3.5
Honey nut corn flakes	5.0
Instant oat cereal, eg. Oat So Simple, plain, 27g sachet	5.0
flavoured, 33g sachet	6.0
Malt wheats, eg. Shreddies, plain/flavoured	4.5
Muesli, fruit & nuts	4.0
no added sugar	4.5
Swiss style, eg. Alpen	4.5
Multigrain hoops, eg. Cheerios	4.5
Oat bran	4.0

Porridge oats	4.5
Puffed wheat, plain	4.5
Rice pops	5.0
Rice wheat & barley flakes, all varieties, eg. Special K/ Finesse	4.5
Shredded wheat, plain	4.5
with fruit	4.0
Sultana bran	4.0
Wholewheat biscuits, eg. Weetabix, plain, 2 biscuits	6.0
flavoured, 2 biscuits	7.5
Wheat germ	4.5

coleslaw & salads

coleslaw

Season low fat natural yogurt with salt and pepper, mustard powder, lemon juice and mix with finely chopped carrot, onion and cabbage, to make a super homemade coleslaw that saves Syns galore.

100g unless stated

Coleslaw, cheese	11.5
luxury	11.0
standard	9.0
reduced fat	4.5
value	3.0

salads

100g unless stated

Beetroot salad	0.5
Caesar salad, individual, with chicken	4.5
Caesar salad, kit with lettuce, croutons, parmesan & dressing	8.0
Couscous salad, chicken/vegetable	2.0
Moroccan/fruity	3.5
Florida salad	6.0
Fruit, celery & nut salad	10.5
Greek salad	4.5
Mixed bean salad	2.0
Noodle salad	1.5

salads cont...

Pasta salad , cheese	5.5
chicken	4.0
chicken & bacon	7.0
pesto	5.0
prawn/tuna	4.5
tomato & vegetable	2.0
Potato salad , luxury	8.0
standard	6.0
reduced fat	2.5
value	4.0
Rice salad	2.0

crispbakes

Each unless stated

Crispbake , bean/vegetable	12.5
cheese	12.5
chicken & vegetable	11.5
corned beef/minced beef	12.0
ham	13.0

crisps & snacks

crisps & snacks - non-branded

25g unless stated

Bombay mix	6.5
Cheese curls	6.5
Cheese puffs	7.0
Cheese savouries	6.5
Corn snacks	6.0
Mini poppadoms	6.0
Onion rings	6.5
Oriental rice crackers	6.5
Popcorn, air-popped , all varieties	5.0
Popcorn, popped with oil , salted	6.5
sweet	6.5
chocolate	5.5
toffee	5.0
Pork scratchings	7.5
Potato crisps , hand-cooked	6.5
ridge-cut	6.5
standard	6.5
reduced fat	6.0
baked	5.0

Potato rings , standard	6.5
baked/reduced calorie	4.5
Potato snacks , twirls/squares	6.0
fries	6.0
sticks	6.0
Prawn cocktail shells	6.5
Prawn crackers	6.5
Pretzels , sour cream/bacon	5.5
salted	5.0
Tortilla chips , standard	6.0
baked	5.5
Vegetable crisps	6.0
Wasabi peas	5.0

crisps & snacks - branded

Jacobs Cheeselets , 25g serving	6.0
Jacobs Twiglets , 24g bag	4.5
Kellogg's Special K Cracker Crisps , all varieties, 21g bag	4.0
Kettle Chips , all varieties, 30g bag	7.5
40g bag	10.0
KP Hula Hoops , all varieties, 25g bag	6.5
34g bag	9.0
55g bag	14.0
KP Nik Naks , all varieties, 25g bag	7.0
30g bag	8.5
38g bag	11.0
KP Skips , 15.5g bag	4.0
17g bag	4.5
40g bag	11.0
McCoy's Ridge Cut Crisps , 30g bag	8.0
35g bag	9.0
Penn State Pretzels , original salted, 30g bag	6.0
Popchips , all varieties, 23g bag	4.5
Pringles , all varieties, 25g serving	6.5
Seabrook Crinkle Cut Crisps , all varieties, 31.8g bag	8.5
Tayto Crisps , all varieties, 25g bag	6.5
37.5g bag	10.0
Walkers Baked , all varieties, 25g bag	5.0
37.5g bag	7.5
Walkers Crisps , all varieties, 25g bag	6.5
32.5g bag	8.5
Walkers Doritos , all varieties, 30g bag	7.5
40g bag	10.0

Walkers French Fries , all varieties, 19g bag	4.0
22g bag	5.0
Walkers Pops , all varieties, 19g bag	4.0
23g bag	5.0
Walkers Quavers , 16.4g bag	4.5
20.5g bag	5.5
25g bag	6.5
Walkers Wotsits , 17g bag	4.5
21g bag	5.5
40g bag	11.0

dairy products

butter & margarine

Butter on your potato or spread on your bread? Take a look at the Syns below, then measure carefully or better still switch to fat free natural yogurt or reduced fat cheese triangles.

Butter , 1 level tsp	2.0
1 level tbsp	5.5
10g pat	3.5
25g	9.0
Butter , spreadable, standard, 1 level tsp	2.0
1 level tbsp	5.5
25g	9.0
Butter , spreadable, reduced fat, 1 level tsp	1.5
1 level tbsp	4.0
25g	7.0
Fat spread , standard, 1 level tsp	1.5
1 level tbsp	4.0
25g	6.5
Fat spread , light/reduced fat, 1 level tsp	1.0
1 level tbsp	2.5
10g pat	2.0
25g	4.5
Fat spread , extra light/low fat, 1 level tsp	0.5
1 level tbsp	1.5
25g	2.5

cheese

A whole host of delicious cheeses are Healthy Extra 'a' choices. Carefully weigh your portion to make sure it is a Healthy Extra.

25g unless stated

Austrian smoked cheese	3.5
Bavarian smoked cheese	4.0
Brie	4.0
Caerphilly	5.0
Cambozola	5.5
Camembert	3.5
in breadcrumbs	4.0
Cheddar , standard	5.0
sliced/grated	5.0
reduced fat/light	3.5
Cheese slices , cheddar, 25g slice	5.0
continental varieties, 25g slice	4.5
Cheese spread , standard	3.0
reduced fat/lighter	2.0
flavoured	2.5
Cheese triangles , standard, 17.5g triangle	2.0
reduced fat/lighter, 17.5g triangle	1.5
Cheshire	5.0
Cottage cheese , standard, plain, 100g	2.0
standard, flavoured, 100g	2.0
low fat/fat free, flavoured, 100g	0.5
Dairy-free cheese , hard	3.5
soft	3.5
Danish blue	4.5
Dolcelatte	4.5
Double Gloucester	5.0
Edam	4.0
Emmental , standard	4.5
reduced fat/light	3.5
Feta	3.5
Goats' cheese , hard	5.0
soft	4.0
Gorgonzola	4.0
Gouda	4.5
Greek-style salad cheese , reduced fat/light	2.5
Gruyere	5.0
Halloumi , standard	4.0
reduced fat/light	3.0
Jarlsberg	4.5
Lancashire	4.5
Manchego	5.5
Mascarpone , standard	5.5
reduced fat/light	3.0

Mozzarella , breaded	4.0
buffalo	3.5
grated/sliced	3.5
cow's milk	3.0
reduced fat/light	2.5
Paneer	4.5
Parmesan, parmigiano reggiano, grana padano , fresh	5.0
Parmesan , dried	6.0
Pecorino	5.0
Port Salut	4.0
Processed cheese slices , standard	3.5
reduced fat/light	2.5
Quark , flavoured, 100g	1.5
Red Leicester	5.0
Ricotta	1.5
Roquefort	4.5
Roule , standard	4.5
reduced fat/light	2.0
Shropshire blue	5.0

steps to success

Share your 'reasons why' with your nearest and dearest. Let them understand how being overweight really makes you feel. Help them to understand how it affects your happiness in so many ways. Share your feelings with your Slimming World family too. Together we can do it.

Soft cheese , flavoured, full fat	3.0
reduced fat/light	2.0
low fat/extra light	1.5
Soft cheese , plain, full fat	3.0
reduced fat/light	2.0
low fat/extra light	1.5
Stilton , blue	5.0
white with fruit	4.5
Taleggio	4.0
Wensleydale , standard/with fruit	4.5

cream

Aerosol cream , standard, 2 level tbsp	0.5
reduced fat/light, 3 level tbsp	0.5
Clotted cream , 1 level tbsp	4.5
100g	29.5
Crème fraiche , standard, 1 level tbsp	2.5
100ml	17.5
Crème fraiche , half fat, 1 level tbsp	1.0
100ml	8.0
Dairy-free cream alternative , 1 level tbsp	1.0
100ml	8.0
Double cream , 1 level tbsp	3.5
100ml	23.0
Single cream , standard, 1 level tbsp	1.5
100ml	9.5
Single cream , reduced fat, 1 level tbsp	1.0
100ml	7.0
Soured cream , standard, 1 level tbsp	1.5
100ml	9.5
Soured cream , reduced fat, 1 level tbsp	1.0
100ml	6.0
Whipping cream , 1 level tbsp	3.0
100ml	18.5

milk

100ml unless stated

Almond drink , plain, sweetened, calcium-enriched	1.0
plain, unsweetened, calcium-enriched	0.5
Buttermilk	3.0
Channel Island/Jersey full cream milk	4.0
Coffee whitener , standard, 2 level tsp	2.0
light/unsweetened, 2 level tsp	1.5
Condensed milk , full cream/sweetened, 1 level tbsp	2.5
light/unsweetened, 1 level tbsp	2.0
Cow's milk , whole	3.5
semi-skimmed	2.5
1% fat	2.0
skimmed	1.5
Dried milk powder , skimmed, 2 level tsp	1.0
25g	4.5

milk cont...

Evaporated milk , full cream/ sweetened, 1 level tbsp	1.0
light/unsweetened, 2 level tbsp	1.5
Flavoured milk , chilled, chocolate, 250ml	10.0
banana, 250ml	9.0
strawberry, 250ml	8.5
Goats' milk , whole	3.0
semi-skimmed	2.0
skimmed	1.5
Lactose-free dairy drink , whole	3.0
semi-skimmed	2.0
Milkshake powder , all flavours, 20g dry	4.0
Milkshake , ready-made, chocolate, 250ml	10.0
banana, 250ml	9.5
strawberry, 250ml	8.0
Rice drink , plain, calcium-enriched	2.5
Soya drink , flavoured, calcium-enriched	3.0
plain, sweetened, calcium-enriched	2.0
plain, unsweetened, calcium-enriched	1.5

yogurt & fromage frais

Some fat free fruit yogurts are Free... and some have Syns. Check Syns Online for the most up-to-date details.

Dairy-free yogurt alternative , fruit, 125g pot	2.0
plain, 125g pot	0.5
Goats' milk yogurt , fruit, 100g	2.5
natural, 100g	2.0
Fromage frais , natural, standard, 100g	4.0
Fromage frais, fruit , standard, 100g	3.5
low fat, 100g	2.5
fat free, 100g	1.0
fruit layer, fat free, 100g	0.5
Yogurt, full fat/luxury/ thick & creamy , fruit, 150g pot	6.5
hazelnut, 150g pot	8.0
natural, 100g	1.5
toffee, 150g pot	6.5
vanilla, 150g pot	7.5

steps to success

Decide here and now that nothing is going to stop you. Make a commitment to log on to Slimming World Online each and every day. Continuity and persistence will bring results you never thought possible.

Yogurt, low fat , fruit layer, 125g pot	2.0
fruit, 125g pot	2.0
hazelnut, 150g pot	4.0
natural, 100g	1.0
toffee, 150g pot	4.5
vanilla, 125g pot	3.5
Yogurt, fat free , fruit layer, 160g pot	1.5
fruit, 120g pot	0.5
toffee, 120g pot	0.5
vanilla, 125g pot	1.0
Yogurt, split pot , crunch/chocolate, 150g pot	7.5
fruit, 150g pot	4.5
Yogurt, Greek-style, full fat/ luxury/thick & creamy , honey, 200g pot	10.0
fruit, 125g pot	5.5
fruit split pot, 150g pot	5.5
natural, 100g	3.5
Yogurt, Greek-style, low fat , natural, 100g	1.0
Yogurt, Greek-style, fat free , honey, 100g	1.5
fruit layer, 130g pot	1.0
fruit, 120g pot	1.0

yogurt drinks

Pouring yogurt , all varieties, 100ml	3.0
Yogurt drink , standard, 100g	4.0
low fat/fat free, 100g	2.5

dressings & dips

dips

1 level tbsp unless stated

Cheese & chive dip	2.5
Dipping sauce , sweet chilli/hoisin	1.5
Guacamole , standard	1.5
reduced fat	1.0
Houmous, flavoured , standard	2.0
reduced fat	1.5
Houmous, plain , standard	2.5
reduced fat	1.5
Nacho cheese dip	2.0
Onion & garlic dip , standard	2.5
reduced fat	1.0
Raita	1.0
Sour cream & chive dip , standard	2.0
reduced fat	1.0
Tahini	5.0
Tapenade , all varieties	2.0
Taramasalata	3.5
Tomato salsa	0.5
Tzatziki	1.0
Wasabi	1.5

dressings

1 level tbsp unless stated

Apple sauce	0.5
Balsamic & olive oil dressing	2.5
Balsamic dressing	1.0
Barbecue sauce	1.0
Blue cheese dressing	3.0
Brown sauce	1.0
Caesar dressing , standard	3.5
reduced fat	0.5
Chutney , mango	2.0
tomato & vegetable	1.5
caramelised onion	1.5
Cranberry jelly	2.0
Cranberry sauce	1.5

steps to success

Always choose reduced fat or fat free salad dressings if you're buying a ready-made one.

French dressing/vinaigrette , standard	3.5
reduced fat	0.5
Garlic & herb dressing	2.0
Garlic mayonnaise/aioli , luxury	4.5
standard	2.5
Honey & mustard dressing , standard	3.5
reduced fat	1.0
fat free	0.5
Horseradish sauce , luxury/creamed	2.5
standard	1.5
Hot chilli pepper sauce	0.5
Mayonnaise , luxury/standard	5.0
reduced fat/light	2.0
low fat/extra light	1.0
egg free	3.5
Mint jelly	2.0
Mint sauce	0.5
Mustard , ready made, all varieties, 1 level tsp	0.5
Pesto , green	3.5
red	2.5
reduced fat/light, all varieties	1.5
Piccalilli	0.5
Pickle , beetroot	1.5
lime	1.5
sandwich	1.0
Ranch/thousand island dressing , standard	2.5
reduced fat/light	0.5
Redcurrant jelly/sauce	2.0
Relish , onion/sweetcorn/tomato	1.0
Salad cream , standard	2.5
reduced fat/light	1.0
Seafood sauce , standard	3.5
reduced fat/light	2.5
Tartare sauce	2.5
Tomato ketchup , standard	1.0
reduced sugar & salt	0.5

drinks – alcoholic

alcopops

Alcopops , rum-based, 275ml	10.0
vodka-based, 275ml	9.5

beer

Alcoholic ginger beer , ½ pint 500ml bottle	7.5 13.0
Bitter, best/special (4.2-4.7% ABV), ½ pint	5.0
1 pint	9.5
Bitter, light/pale (under 3.5% ABV), ½ pint	4.0
1 pint	7.5
Bitter, standard (3.5-4.1% ABV), ½ pint	4.5
1 pint	8.5
Bitter, strong/premium (4.8% ABV and above), ½ pint	6.0
1 pint	12.0

cider & perry

Cider, apple , ½ pint 500ml bottle	6.0 11.0
Cider, fruit , ½ pint 500ml bottle	8.5 15.0
Cider, pear , ½ pint 500ml bottle	7.0 12.0
Perry , eg. Babycham, Lambrini, 175ml	5.5
200ml	6.0
250ml	8.0

fortified wine

Ginger wine , 25ml 35ml	2.0 2.5
Port , 50ml	4.0
Rice wine , Mirin, 1 level tbsp 25ml	2.0 3.5
Rice wine , Sake, 1 level tbsp 25ml	1.0 1.5
Rice wine , Shaoxing, 2 level tbsp	0.5
25ml	0.5

Sherry , medium/dry, 50ml	3.0
sweet, 50ml	3.5

lager

Lager, reduced alcohol/ alcohol free , 330ml bottle	3.5
440ml can	4.5
½ pint	3.0
1 pint	6.0
Lager, 4-6% ABV , 330ml bottle	6.5
440ml can	9.0
½ pint	6.0
1 pint	11.5
Lager, above 6% ABV , 330ml bottle	11.0
440ml can	14.5
½ pint	9.5
1 pint	18.5

liqueurs

Coffee liqueurs , eg. Tia Maria/Kahlua, 25ml 35ml	3.5 4.5
Cream liqueurs , all varieties, 25ml	4.0
35ml	5.5
Orange liqueurs , eg. Cointreau/Grand Marnier, 25ml	4.0
35ml	5.5

spirits

Bitters , eg. Angostura, 1 level tsp	0.5
Brandy , 25ml 35ml	3.0 4.0
Gin , 25ml 35ml	3.0 4.0
Pimms No.1 , 25ml 35ml	2.0 3.0
Rum , all varieties, eg. Bacardi, Malibu 25ml 35ml	2.5 3.5
Schnapps 21% ABV , eg. Archers, 25ml 35ml	3.0 4.5
Spirits 40% ABV , eg. Tequila, 25ml 35ml	3.0 4.0
Vermouth , dry, 50ml sweet, 50ml	2.5 4.0

alcoholic drinks cont...

Vodka, 25ml	3.0
35ml	4.0
Whisky, 25ml	3.0
35ml	4.0

wine

Bucks fizz/ mimosa, 125ml	3.5
Mulled wine, homemade, 125ml	12.5
175ml	17.5
250ml	25.0
Red wine, 125ml	4.5
175ml	6.0
250ml	8.5
Rose wine, 125ml	4.5
175ml	6.0
250ml	9.0
Sparkling wine/ champagne, 125ml	4.5

steps to success

Keep counting. Choosing to ignore something you have eaten as 'not worth counting' can destroy your success.

White wine, dry, 125ml	4.0
175ml	6.0
250ml	8.0
White wine, medium, 125ml	4.5
175ml	6.5
250ml	9.0
White wine, sweet, 125ml	6.0
175ml	8.0
250ml	12.0
White wine spritzer, 250ml	4.5
Wine, low alcohol/ alcohol free, 125ml	1.5
175ml	2.0
250ml	3.0
Wine, reduced alcohol, 125ml	3.0
175ml	4.0
250ml	5.5

drinks – cold

carbonates

Many hot and cold drinks are Free.

250ml unless stated

Bitter lemon	4.5
Cherryade	4.0
Cola	5.5
Cream soda	4.0
Dandelion & burdock	4.0
Energy drinks, with caffeine, eg. Red Bull	6.0
Ginger ale	4.5
Ginger beer	6.0
Lemonade	6.5
Mixed fruit drinks, eg. Shloer	6.0
Orangeade	4.0
Shandy	3.0
Tonic water	3.0

cordials

Barley water, diluted as directed, 250ml	2.5
undiluted, 50ml	2.5
Blackcurrant cordial, diluted as directed, 250ml	5.5
undiluted, 50ml	5.5
Elderflower cordial, diluted as directed, 250ml	3.5
undiluted, 50ml	3.5
Fruit cordial, diluted as directed, 250ml	3.5
undiluted, 50ml	3.5
High juice, diluted as directed, 250ml	4.5
undiluted, 50ml	4.5
Lime/ ginger/ peppermint cordial, diluted as directed, 250ml	3.5
undiluted, 50ml	3.5

fruit & vegetable juice

Juiced and pureed fruit loses its filling power and becomes very easy to over consume – keep count of the Syns... or swap to something Free

100ml unless stated

Apple juice, unsweetened	2.0
Apple & mango juice drink	2.5
Beetroot juice, unsweetened	2.0
Carrot juice, unsweetened	2.0
Coconut water, fresh	1.0
Cranberry juice drink, standard reduced sugar/ light	2.5
1.0	1.0
Grapefruit juice, unsweetened	2.0
Mango juice drink	2.5
Mango & orange juice drink	2.5
Orange juice, freshly squeezed/ unsweetened	2.0
juice of 1 orange	1.0
Pineapple juice, unsweetened	2.5
Pomegranate juice drink	2.5
Prune juice, unsweetened	3.5
Smoothies, with coconut	3.5
red berries	2.5
yellow fruit	2.5
Tomato juice, unsweetened	1.0

drinks – hot

Many hot and cold drinks are Free.

Cocoa powder, 1 level tsp	1.0
Drinking chocolate, not including milk, 3 heaped tsp	3.5
Instant coffee drinks, latte, sachet	4.0
cappuccino, sachet	3.5
mocha, sachet	3.5
skinny, all varieties, sachet	2.5
Instant hot chocolate, standard, 3 heaped tsp	3.5
reduced calorie/ light, 2 heaped tsp/ 1 sachet	2.0
Malt drink, original, not including milk, 4 heaped tsp	5.0
chocolate, not including milk, 4 heaped tsp	4.5
Malt drink, reduced calorie/ light, instant, 4 heaped tsp	5.0

eggs

Eggs, when cooked without fat, are fabulously Free!!

Eggs, fried in fat/oil, each	1.0
Omelette, cheese, frozen, each	2.5
Spanish, chilled, 100g	4.5

fats & oils

Although too much fat, especially saturated fat, is linked to weight gain and health problems, oils which contain unsaturated fat are good for health, helping to lower cholesterol levels and keep our hearts healthy. If you're cooking with oil, choose one high in unsaturated fat such as olive oil, rapeseed, groundnut, peanut, sunflower, corn, flaxseed, avocado, or almond oil.

Dripping/ lard, 1 level tsp	2.0
1 level tbsp	6.5
25g	11.0
Duck/ goose fat, 1 level tsp	2.0
1 level tbsp	6.5
25g	11.0
Ghee, clarified butter, 1 level tsp	2.0
1 level tbsp	6.5
25g	11.0
Oil, all varieties, 1 level tsp	2.0
1 level tbsp	6.0
Suet, beef, 25g	10.5
Suet, vegetable/ light, 25g	8.5

fish

Fish is packed with filling protein and great for your health.

100g unless stated

Anchovies, canned in oil, drained	1.0
Cod, in butter sauce, each	3.5
in parsley sauce, each	3.5
Cod, in breadcrumb, baked/ grilled, each	8.5
in batter, baked/ grilled, each	11.0

steps to success

Make a list before you go shopping and stick to it. Impulse buys can wreak havoc. Never shop on an empty stomach!

Fish cakes, melting middle, baked/ grilled, each	8.5
with cheese, baked/ grilled, each	8.0
cod/ haddock, baked/ grilled, each	7.5
salmon, baked/ grilled, each	7.0
Fish fingers, baked/ grilled, each	2.0
Haddock, in breadcrumbs, baked/ grilled, each	8.5
battered, baked/ grilled, each	9.5
Kippers, with butter, boil in the bag, each	4.0
Lemon sole, breaded, baked/ grilled, goujon	1.5
breaded, baked/ grilled, fillet	11.0
Mackerel, canned in oil, drained	1.0
smoked, plain/ flavoured	4.0
Mussels, in white wine & garlic sauce	1.5
Pilchards, canned in oil, drained	3.0
Plaice, in batter/ breadcrumbs, baked/ grilled, each	11.0
Prawn cocktail, luxury	14.5
standard	11.0
reduced fat/ light	6.5
Sardines, canned in oil, drained	3.0

Scampi, in breadcrumbs, baked/ grilled	8.5
Tuna, canned in oil, drained	3.5

fruit

Fresh and frozen fruit is Free.

fruit – canned

100g unless stated

Apples, sliced	2.0
Apricots, breakfast, in juice	4.5
halved, in juice	2.5
halved, in syrup	3.5
Berries/ summer fruits, in syrup	3.0
Black cherries, in light syrup	3.5
Fruit cocktail/ medley, in juice	2.5
in syrup	3.0
Fruit pie filling	5.0
Grapefruit, in juice	2.0
in syrup	3.0
Lychees, in syrup	2.5
Mandarins, in juice	2.5
in syrup	3.0

steps to success

Canned fruit labelled 'no added sugar' can be misleading. Sugar may have been added as a fructose using apple or other sweet fruit juices. Natural maybe, but still Syn-laden, so stick with fresh.

Mango, in syrup	3.5
Peaches, in juice	2.5
in syrup	3.5
Pears, in juice	2.0
in syrup	3.0
Pineapple, in juice	2.5
in syrup	3.0

fruit – canned cont...

Prunes, in juice	4.5
in syrup	5.0
Rhubarb, in syrup	2.0

fruit – dried

25g unless stated

Apple	3.0
Apricots	2.5
Banana chips, chewy crunchy & sweetened	4.0 6.5
Blueberries	4.0
Cherry mix	4.0
Cranberries	4.0
Currants/raisins/sultanas	4.0
Dates, without stones	3.5
Dried mixed fruit	3.5
Figs	3.0
Goji berries	3.5
Mango	3.5
Pear	3.0
Pineapple	4.5
Prunes	2.5
Raisin & berry mix	4.0
Tropical fruit mix	4.0
Yogurt coated, raisins berries	5.5 6.0

fruit – pureed & cooked

Pureed and cooked fruit loses its filling power and becomes very easy to over consume – keep count of the Syns... or swap to something Free.

100g unless stated

Apples, cooking, pureed/cooked	1.5
Apples, eating, pureed/cooked	2.5
Apricots, pureed/cooked	1.5
Avocado, fresh/pureed	9.5
Banana, pureed/cooked	4.0
Blackberries, pureed/cooked	1.0
Blackcurrants, pureed/cooked	1.0
Blueberries, pureed/cooked	2.0
Cherries, pureed/cooked	2.5
Cranberries, pureed/cooked	1.0
Damson plums, pureed/cooked	1.5
Elderberries, pureed/cooked	2.0
Figs, pureed/cooked	2.0
Gooseberries, pureed/cooked	1.0
Grapefruit, pureed/cooked	1.5
Grapes, green, pureed/cooked	3.0

Grapes, black/red, pureed/cooked	3.5
Greengages, pureed/cooked	2.0
Guava, pureed/cooked	1.5
Kiwi fruit, pureed/cooked	2.5
Kumquats, pureed/cooked	2.0
Loganberries, pureed/cooked	0.5
Lychees, pureed/cooked	3.0
Mandarin/satsuma/ tangerine, pureed/cooked	2.0
Mango, pureed/cooked	3.0
Melon, all varieties, pureed/cooked	1.5
Mixed berries/summer fruits, pureed/cooked	1.5
Mulberries, pureed/cooked	1.5
Nectarine, pureed/cooked	2.0
Oranges, pureed/cooked	2.0
Papaya (paw-paw), pureed/cooked	2.0
Passion fruit, pureed/cooked	2.0
Peach, pureed/cooked	1.5
Pears, pureed/cooked	2.0
Pineapple, pureed/cooked	2.0
Plums, pureed/cooked	1.5
Pomegranate, pureed/cooked	2.5
Pomelo, pureed/cooked	1.5
Prickly pears, pureed/cooked	2.5
Prunes, pureed/cooked	4.0
Quinces, pureed/cooked	1.5

steps to success

If you still feel hungry when you've finished your meal, wait 10 minutes. You could well find that by giving your food time to digest, your hunger will vanish.

Raspberries, pureed/cooked	1.0
Redcurrants, pureed/cooked	1.0
Rhubarb, pureed/cooked	0.5
Sharon fruit (persimmon), pureed/cooked	3.5
Strawberries, pureed/cooked	1.5
Ugli fruit, pureed/cooked	2.0
Whitecurrants, pureed/cooked	1.0

fruit in jars

Cherries, glace/cocktail, 25g each	4.0 1.0
Olives, stuffed, 8 olives whole, marinated, 8 olives in brine, 8 olives	3.0 2.5 1.5

ices

ices – non-branded

Each unless stated

Arctic roll/ice cream roll, 25g	2.5
Choc ice	10.5
Cones only, standard waffle cone	0.5 2.5
Frozen yogurt, all flavours, 25g	2.0
Ice cream, luxury/dairy, chocolate/ caramel, 25g	3.5
luxury/dairy, vanilla, 25g	3.0
luxury/dairy, fruit flavours, 25g	2.5
standard/soft scoop, 25g	2.0
reduced fat, 25g	2.0
value, 25g	1.5
non-dairy alternative, 25g	2.5
Ice cream, soft serve, eg. Mr Whippy, 100g serving	10.5
Ice cream cone, eg. Cornetto, individual multipack	10.5 9.5
Ice cream lolly, chocolate coated, eg. Magnum	12.5
Ice lolly, fruit flavour fruit & ice cream	3.0 4.0
Sorbet, all flavours, 25g	1.0
Wafers, standard fan	1.0 2.0

ices – branded

Each unless stated

Cadbury Crunchie ice cream bar	8.5
Del Monte Smoothies ice lollies, mango	4.5 4.0
raspberry	7.0
Mars ice cream bar, standard mini	3.5 3.5
Nestle Fab ice lolly, standard mini	4.0 2.5
Nestle Fruit Pastille ice lolly	3.0
Snickers ice cream bar	9.0
Walls Calippo, standard, orange	5.0
mini, all varieties	4.0
Walls Cornetto, individual, mint	10.5
strawberry	9.0
Walls Magnum, classic, standard	12.0
classic, mini	8.5
almond, standard	13.5
almond, mini	9.0

Walls Mini Milk, all varieties	1.5
Walls Solero Exotic	4.5
Walls Twister, standard	4.0
mini	2.0

jams,
marmalades &
sweet spreads

Black treacle/molasses, 1 level tsp	2.0
Chocolate & nut spread, 1 level tsp	1.5
1 level tsp	4.0
Chocolate spread, 1 level tsp	1.5
1 level tsp	4.0
Curd, lemon/lime/orange, 1 level tsp	1.0
1 level tsp	2.5
Fruit conserve, all varieties, 1 level tsp	0.5
1 level tsp	2.0
Golden syrup, 1 level tsp	2.5
Honey, 1 level tsp	1.0
1 level tsp	2.5
Jam, standard, 1 level tsp	0.5
1 level tsp	2.0
Jam, reduced sugar, 1 level tsp	0.5
1 level tsp	1.0
Maple syrup, 1 level tsp	0.5
1 level tsp	2.0
Marmalade, standard, 1 level tsp	0.5
1 level tsp	2.0
Marmalade, reduced sugar, 1 level tsp	0.5
1 level tsp	1.5

steps to success

A rounded spoonful is twice as much as a level spoonful. A heaped spoonful is three times as much as a level spoonful. Don't cheat yourself out of a good weight loss. Use spoon sense.

Pancake syrup, 1 level tsp	1.0
1 level tsp	3.0
Peanut butter, standard, 1 level tsp	1.5
1 level tsp	4.5
Peanut butter, reduced fat, 1 level tsp	1.5
1 level tsp	4.0

kitchen basics

Arrowroot, 1 level tsp	1.0
Baking powder, 1 level tsp	0.5
Bicarbonate of soda, 1 level tsp	0.5
Breadcrumbs, ready made, 25g	4.5
Cake decorations, all varieties, 25g	6.0
Coconut, desiccated, 25g	7.5
Coconut cream, 1 level tsp block, 25g	1.5 8.5
Coconut milk, standard, 1 level tsp	1.5
100ml	9.0
Coconut milk, reduced fat, 1 level tsp	1.0
100ml	5.0
Cooking chocolate, all varieties, 25g	7.0
Cornflour/sauce flour, 1 level tsp	0.5
1 level tsp	1.0
25g	4.5

steps to success

Save Syns by using fat free natural yogurt for thickening stews and casseroles, and making salad dressings, etc.

Cream of tartar, 1 level tsp	0.5
Dumpling mix, made up with water, 30g	4.0
Dumplings, ready made, frozen, each	9.0
Flan base, ready made, 25g	4.5
Flour, chapatti, 25g	4.0
white, plain, 25g	4.5
white, self raising, 25g	4.0
wholemeal, all varieties, 25g	4.0
gluten free, all varieties, 25g	4.5

Ginger, in syrup/crystallised, 25g	3.5
Icing, fondant, ready to roll, 25g	5.0
buttercream-style, 25g	5.0
Liquid glucose, 1 level tsp	2.5
25g	4.0
Marzipan, 25g	5.5
Mincemeat, 1 level tsp	0.5
1 level tsp	2.0
25g	3.5
Mixed peel, 25g	3.5
Pastry, filo, 25g raw	3.5
puff, 25g raw	4.5
puff, all butter, 25g raw	5.0
shortcrust, 25g raw	5.5
reduced fat, all types, 25g raw	4.0
Pastry case, ready made, 25g	6.0
Poppadoms, each	2.5
Sponge fingers/ boudoir biscuits, each	1.0
Sugar, all varieties, 1 level tsp	1.0
1 level tsp	3.0
25g	5.0
Taco shells, each	3.5
Yeast, dried, 1 level tsp	0.5
1 sachet	1.0
Yeast, fresh, 50g	1.5

meat &
poultry

Very lean meat and poultry (that's with all visible fat and skin taken off) is Free!

beef

100g unless stated

Beef joint, any cut, lean & fat, raw	3.5
Beef mince, lean, typically 10% fat, raw	2.0
lean, typically 15% fat, raw	4.0
standard, typically 20% fat, raw	6.5
Beef steak, any cut, lean & fat, raw	2.0
Bresaola	0.5
Corned beef	3.0
Minced beef with onions & gravy, canned	2.0
Stewed steak in gravy, canned	1.0

meat & poultry cont...

lamb

100g unless stated

Lamb chops , any cut, lean & fat, raw	4.0
Lamb doner kebab meat	9.5
Lamb joint , any cut, lean & fat, raw	4.5
Lamb mince , standard, typically 20% fat, raw	4.5

offal

100g unless stated

Black pudding , grilled/dry fried	9.0
Haggis	7.5
Tongue , ox	3.5
pork	3.5
Turkey giblets , boiled	2.5

pork

100g unless stated

Bacon , back, meat & fat, raw	7.0
1 thick rasher, raw	3.5
1 medium rasher, raw	2.0
Bacon , streaky, meat & fat, raw	6.0
1 rasher, raw	1.0
Chopped ham & pork , standard	9.0
reduced fat	6.5
Gammon , glazed, cooked	3.0
Gammon , meat & fat, raw/cooked	1.0

steps to success

Non-stick pans save fat,
save Syns – stick to
non-stick!

Haslet	8.5
Pancetta , 100g	12.0
1 slice	1.0
Pork belly , slice/joint	9.5
Pork crackling , roasted, 25g	7.0
Pork leg joint , meat & fat, raw	4.5
roasted	3.5

Pork loin chops , meat & fat, raw	7.5
grilled	5.5
Pork luncheon meat	5.5
Pork mince , lean, typically 10% fat, raw	1.5
standard, typically 20% fat, raw	6.5
Pork spare ribs , with bone	8.0
Pork spare ribs in sauce , with bone	7.0
Prosciutto/Parma ham , 100g	5.0
1 slice	0.5

poultry

100g unless stated

Breaded chicken , fillets/steaks, each	9.0
drumsticks & thighs, 100g	7.5
mini fillets, each	3.5
goujons, each	2.5
nuggets, baked, each	1.5
Chicken burgers , 1 standard	4.0
1 quarterpounder	9.5
Chicken Kiev , cheese & ham, each	10.5
garlic butter, each	12.5
reduced fat, each	10.0
Chicken breast with skin , grilled	2.0
Chicken drumsticks with skin , roasted	3.0
Chicken skin , roasted, 25g	6.5
Chicken thigh with skin , casserole	6.0
Chicken whole with skin , raw	5.0
roasted	4.5
Chicken wing quarter with skin , roasted	5.0
Chicken wings , marinated	5.0
Duck , meat & skin, raw	14.0
roasted	13.5
Goose , meat & skin, roasted	7.0
Processed chicken roll , 1 slice	1.0
Turkey skin , roasted, 25g	6.0
Turkey thigh mince , more than 5% fat, raw	1.0
Turkey, whole with skin , raw	0.5
roasted	2.5

burgers & grillsteaks

Beef burger , luxury, 1 large	9.5
luxury, 1 medium	5.0
standard, 1 large	9.0
standard, 1 medium	6.5
value, each	3.5

Grillsteaks , beef, each	7.5
lamb, each	4.0
Venison burgers , each	3.0

sausages

Beef sausages , each	3.5
Bratwurst , each	9.0
Chorizo , 100g	10.5
Frankfurters , pork, 1 jumbo	9.0
pork, 1 standard	3.5
Garlic sausage , 100g	7.0
Pepperoni , 100g	17.0
Pork sausage meat , 100g	7.0
Pork sausages , premium, each	5.0
standard, each	5.5
reduced fat, each	1.5
value, each	2.5
chipolatas, each	2.0
cocktail, each	1.0
Poultry sausages , chicken/turkey, each	3.0
Salami , all types, 100g	13.0
Venison sausages , each	3.0

scotch/ savoury eggs

Scotch egg , standard, each	14.0
mini, each	

nuts & seeds

25g unless stated

Almonds , whole/flaked/ground	7.5
sugared/coated	7.5
Almonds & raisins	5.5
Brazil nuts , chocolate coated	7.0
whole, plain	8.5
Cashew nuts , whole, plain	7.5
roasted/salted	7.5
Cashew nuts & raisins	5.0
Chestnuts , whole, plain	2.0
Coconut flesh	4.5
Hazelnuts , whole/chopped	8.5
Macadamia nuts	9.5
Mixed nuts	8.5
Peanuts , whole, plain	7.0
dry roasted/coated	7.5
Peanuts & raisins	6.0
Pecan nuts	9.0
Pine nuts	9.0

Pistachio nuts , shelled	7.5
Seeds , linseeds/flaxseed	6.0
mixed	7.0
mixed, with fruits	5.5
poppy	7.0
pumpkin	7.5
sesame	8.0
sunflower	7.5
Walnuts	8.5
Wasabi nuts	7.5

pancakes & yorkshire puddings

Pancake/batter mix , made up as directed, per 100g	11.0
Yorkshire pudding , frozen/chilled, 1 giant	14.0
1 large	5.0
1 small	2.5
made with beef dripping, 1 large	5.5

steps to success

Imagination is powerful.
Imagine yourself succeeding,
not failing. Every day as you
awake and before you sleep,
imagine yourself succeeding.
Use your imagination!

pizzas

100g unless stated

Pizza base , gluten free	13.0
standard	15.0
Pizza base mix , made up as directed	14.5
Pizza , any toppings, baguette crust	11.0
Cheese pizza , stone-baked crust	11.0
Cheese feast/four cheese pizza , thin/deep pan crust	13.5
Chicken pizza , stone-baked crust	11.0

thin/deep pan base	12.0
Garlic pizza , plain	17.0
with cheese	16.0
Ham pizza , stone-baked crust	11.0
thin/deep pan crust	12.0
Margherita/ mozzarella pizza , thin/deep pan crust	12.0
Meat feast pizza , thin/deep pan crust	14.0
Pepperoni pizza , stone-baked crust	12.0
thin/deep pan crust	14.0
Vegetable pizza , stone-baked crust	9.0
thin/deep pan crust	11.0

puddings, desserts & sweet sauces

puddings & desserts

Banoffee dessert , 25g	4.5
individual, 90g pot	16.0
Banoffee pie/tart , 25g	4.5
Blancmange , all flavours, made up, 25g	1.0
Bread & butter pudding , luxury, 25g	4.5
standard, 25g	2.5
reduced fat/light, 25g	1.5
Cheesecake , chocolate, 25g	5.0
fruit, luxury, 25g	4.5
fruit, standard, 25g	3.5
New York style, 25g	4.5
toffee, 25g	4.0
vanilla, 25g	5.0
reduced fat, all flavours, 25g	2.5
Chocolate mousse , luxury, 100g pot	15.5
standard, 60g pot	5.5
reduced fat, 60g pot	3.5
value, 60g pot	4.0
Chocolate sponge pudding , luxury, 25g	5.0
individual, 130g pot	24.5
Chocolate sponge pudding , standard, 25g	4.0
individual, 120g pot	18.0
Chocolate sponge pudding , reduced fat, 25g	2.0
individual, 110g pot	10.0

Christmas pudding , 25g	3.5
Creme brulee , 25g	4.0
individual, 100g pot	16.0
Creme caramel , 100g pot	5.5
Fruit crumble , all varieties, 25g	3.0
Fruit fool , 114g pot	9.5
Fruit mousse , luxury, 100g pot	13.0
standard, 62.5g pot	5.0
Fruit pie , large, all varieties, 25g	3.5
Fruit sponge pudding , 25g	3.0
individual, 120g pot	14.0
Fruit strudel , all varieties, 25g	3.0
Gateau , black forest, 25g	3.0
chocolate, 25g	3.5
fruit, 25g	2.5
Ginger/lemon sponge pudding , standard, 25g	4.5
individual, 120g pot	20.5
Instant dessert powder , standard eg. Angel Delight, dry, 1 sachet	14.0
no added sugar eg. Angel Delight, dry, 1 sachet	11.0
Jam sponge pudding , 25g	4.0
individual, 120g pot	19.0
Jelly crystals , sugar free, as sold, 25g	4.0
11.5g sachet	2.0
Jelly cubes , as sold, 25g	3.5
135g packet	20.0
Jelly, ready to eat , standard, 125g pot	5.0
with fruit pieces, 175g pot	5.5
no added sugar, 175g pot	0.5
Key lime pie , 25g	4.5
Lemon meringue pie , 25g	4.0
Lemon mousse , 60g pot	5.0
Lemon sponge pudding , reduced calorie, 25g	2.5
individual, 100g pot	9.5

steps to success

Accept that your eating
habits have to change for
good. Start to examine
how deliciously different
your diet can become.
Allocate some time for
yourself and develop your
favourite recipes. Don't just
think about it – do it now!

puddings, desserts & sweet sauces cont...

Meringues, plain, 25g	5.0
1 nest	2.5
Panna cotta, 25g	3.0
Pavlova, fruit, 25g	3.5
toffee, 25g	4.5
Proffiteroles with cream & sauce, 25g each	4.0
Rice pudding, standard, 100g canned	5.0
individual, 120g pot	6.0
Rice pudding, reduced fat, 100g canned	4.5
individual, 115g pot	5.0
Rice pudding, chilled, with clotted cream, 100g standard, 100g reduced fat, 100g	11.0
Roulade, fruit, 25g	4.0
chocolate/toffee/nut, 25g	4.0
Spotted dick pudding, 25g	5.0
individual, 120g pot	20.0
Sticky toffee sponge pudding, luxury, 25g	5.0
individual, 130g pot	25.0
Sticky toffee sponge pudding, standard, 25g	4.0
individual, 120g pot	20.0
Summer pudding, 25g	1.5
Syrup sponge pudding, 25g	4.0
individual, 110g pot	18.5
Tarte au chocolat (chocolate tart), 25g	6.0
Tarte au citron (lemon tart), 25g	4.5
Tarte aux fruits (fruit tart), 25g	3.5
individual, 130g	17.0
Tiramisu, 25g	3.0
Torte, chocolate, 25g	5.0
lemon, 25g	3.5
Treacle tart, 25g	4.5
Trifle, luxury/sherry, 25g	3.0
individual, 150g pot	18.0
Trifle, chocolate, 25g	2.5
individual, 130g pot	14.0
Trifle, fruit, 25g	2.0
individual, 135g pot	8.5
reduced calorie, 100g pot	6.0

sweet sauces

Custard powder, 25g dry	4.5
made up with semi-skimmed milk, 100ml	5.0
made up with whole milk, 100ml	6.0
Custard powder, instant, standard, 25g dry	5.5
100ml made up	3.5
Custard powder, instant, low fat, 25g dry	5.0
100ml made up	3.0
Custard, canned/carton, standard, 100g	5.0
low fat, 100g	4.5
flavoured, 100g	7.0
Custard, chilled, luxury, 100g	10.5
standard, 100g	6.0
Dessert sauce, chocolate, 1 level tbsp	3.0
fruit, 1 level tbsp	1.0
toffee, 1 level tbsp	2.5
Fruit coulis, no added sugar, 1 level tbsp	0.5
Ice cream sauce, all varieties, 1 level tbsp	2.5

ready meals

ready meals - canned

400g can unless stated

Chicken tikka masala	13.5
Chilli con carne	8.0
Macaroni cheese	6.0
Ravioli, all varieties	3.0
Spaghetti bolognese	5.5
Vegetable curry	8.0

ready meals - chilled

Average meal unless stated

Beef cannelloni	18.0
Beef casserole/stew with dumplings	17.0
Beef in black bean sauce with rice	11.0
Beef lasagne, luxury	18.5
standard	17.0
reduced fat	6.5
value	9.0

Beef stroganoff with rice, standard	16.5
reduced fat	12.0
Bolognese pasta bake, standard	14.5
value	7.5
Chicken & tomato pasta bake	9.5
Chicken balti with rice	15.5
Chicken casserole/stew with dumplings	18.0
Chicken chow mein, standard	10.5
reduced fat	7.0
Chicken curry with rice	11.5
Chicken in black bean sauce with rice	13.5
Chicken jalfrezi with rice	16.5
Chicken korma	17.0
Chicken korma with rice, standard	19.5
reduced fat	7.0
Chicken tikka masala	15.5
Chicken tikka masala with rice, standard	20.0
reduced fat	7.5
Chilli con carne with rice, standard	13.5
reduced fat	6.5
Cottage pie, luxury	16.0
standard	10.5
reduced fat	8.0
value	5.5
Creamy chicken pasta bake	18.5
Fisherman's/ocean pie, standard	15.5
reduced fat/value	8.0
Lamb moussaka, luxury	17.0
standard	14.0
reduced fat	5.5
Lamb rogan josh with rice	16.0
Macaroni cheese, luxury	18.5
standard	18.0
value	9.5
Mushroom risotto	10.0
Paella with chicken & prawns, standard	11.0
reduced fat	7.0
Pasta with meatballs & tomato sauce, standard	15.5
reduced fat	7.0
Prawn masala with rice	15.0
Sausages & mash, standard	14.5
reduced fat	7.0
value	7.0
Shepherd's pie, luxury	11.0
standard	10.5
reduced fat	6.0
Spaghetti bolognese, standard	14.0
reduced fat	6.5
value	6.0

Spaghetti/pasta carbonara, luxury	23.0
standard	15.5
reduced fat	5.5
Spinach & ricotta cannelloni, standard	16.5
reduced fat	6.0
Sweet & sour chicken with rice	9.5
Thai chicken curry with rice, green/red, standard	14.0
reduced fat	8.5
Vegetable curry	12.0
Vegetable lasagne, standard	9.5
reduced fat	4.5
Vegetable moussaka, standard	13.5
reduced fat	5.5

ready meals - frozen

Average meal unless stated

Beef casserole/stew with dumplings	8.0
Beef curry with rice	8.0
Beef in black bean sauce with rice	10.0
Beef lasagne, standard	15.5
reduced fat	6.5
value	12.0
Chicken & tomato pasta bake	5.0
Chicken chow mein	7.0
Chicken curry with rice	6.5
Chicken jalfrezi with rice	9.5
Chicken korma with rice	15.0
Chicken tikka masala with rice, standard	11.0
reduced fat	5.0
Cottage pie, standard	13.0
reduced fat	2.5
value	12.5
Creamy chicken pasta bake, standard	13.0
reduced fat	5.5
Fisherman's/ocean pie	12.0
Macaroni cheese	10.0
Paella with chicken & prawns	8.5
Pasta with meatballs & tomato sauce	11.5
Prawn balti with rice	7.5
Prawn curry with rice	5.5
Sausages & mash	12.5
Shepherd's pie	8.5
Spaghetti bolognese, standard	9.0
value	8.5
Spaghetti/pasta carbonara	9.0

Sweet & sour chicken with rice, standard	5.0
reduced fat	2.5
Vegetable lasagne	8.5
Vegetable moussaka	6.5

rice, pasta & grains

When cooked without fat, rice, dried pasta and grains are Free.

grains

100g unless stated

Bulgur wheat, ground/used as flour, 25g	4.5
Couscous, flavoured, made up	0.5
plain, ground/used as flour, 25g	4.5
Pearl barley, ground/used as flour, 25g	4.5
Polenta, ready to use/made up	4.0
instant grains, 25g dry	4.5
Quinoa, ground/used as flour, 25g	4.5
Semolina, 25g dry	4.0
Tapioca, 25g dry	4.5

pasta

100g unless stated

Fresh pasta, plain, cooked	1.5
cheese filled, cooked	4.5
meat filled, cooked	4.0
mushroom/vegetable filled, cooked	3.0
Instant flavoured noodle block, standard, cooked	3.0
value, cooked	2.0
Noodles, fresh/straight to wok, cooked	1.0
Pasta & sauce, all varieties, cooked	1.0
Pot noodles, all varieties, 1 standard pot made up	5.5

rice

100g unless stated

Egg fried rice, microwavable pouch	1.0
frozen	2.0
chilled	2.5
Flaked rice, 25g dry	4.5
Microwavable rice pouches, flavoured	1.5
plain	1.0
Pilau rice, chilled	1.0
microwavable pouch	1.0
Rice, ground/used as flour dry, 25g	4.5
Savoury rice, cooked, all varieties	0.5

sandwiches & sushi

If you choose a ready-made sandwich made with wholemeal bread (beware – not granary or wholegrain!), you can count the bread as a Healthy Extra 'b' choice and deduct 6 Syns from the Syn value of your sandwich.

sandwiches - standard

Per twin pack unless stated

Sandwiches, bacon, sausage & egg	24.5
BLT	24.5
cheese & ham	24.0
cheese & onion	26.5
cheese/ploughman's chicken	25.5
chicken & bacon	27.0
egg mayonnaise	17.5
ham	14.0
prawn	18.5
salmon	17.5
smoked salmon & cream cheese	24.0
tuna	19.0
Wraps, chicken, each	23.5
three bean & cheese, each	22.5

sandwiches & sushi
cont...sandwiches -
reduced calorie

Per twin pack

Sandwiches, cheese	12.5
chicken	15.0
egg	17.0
ham	12.5
prawn	12.0
tuna	13.5

sushi

Sushi, fish, 100g	2.0
vegetable, 100g	1.5

savoury
pastries

Each unless stated

Beef wellington, 100g	12.5
Cheese & onion pasty/slice	22.5
Cheese & onion rolls,	
standard	11.0
mini	3.0
Chicken & mushroom pie,	
100g	12.5
Chicken pasty/slice	22.5
Chicken pie, 100g	12.5
Cornish pasty, large	27.5
standard	20.5
mini	9.5
Minced beef & onion pie,	
standard, 100g	14.0
value, 100g	16.0
Onion bhaji, standard	5.5
mini	2.0
Pakora, chicken	3.0
vegetable	3.5
Pork pie,	
standard, 100g	19.5
mini	9.5
Quiche, cheese & bacon, 100g	13.0
cheese & onion, 100g	13.5
crustless, 100g	11.0
Lorraine, 100g	14.0
vegetable, 100g	11.0
Quiche, reduced fat,	
all varieties, 100g	8.0

Salmon en crouete,	
luxury, 100g	16.0
standard, 100g	12.5
Samosas, meat	6.5
vegetable	5.0
Sausage rolls,	
jumbo/large	24.0
standard	10.5
reduced fat	7.5
vegetarian	8.0
snack size	5.0
mini/bite size	2.5
Spring rolls, chicken	7.5
prawn	7.0
vegetable	7.0
duck, mini	2.5
Steak pie,	
luxury, 100g	14.5
standard, 100g	13.0
Steak & kidney pie, 100g	13.5
Steak & kidney pudding, 100g	12.0

savoury
sauces &
gravies

sauces - homemade

100ml unless stated

Bread sauce,	
made with whole milk	5.5
made with semi-skimmed milk	5.0
made with skimmed milk	4.0
Cheese sauce,	
made with whole milk	10.0
made with semi-skimmed milk	9.0
made with skimmed milk	8.5
White sauce,	
savoury, made with whole milk	7.5
made with semi-skimmed milk	6.5
made with skimmed milk	5.5

sauces in cans,
jars & packets

Beef bolognese sauce, 100g	5.0
Bread sauce, chilled, 100g	7.0
packet, 25g dry	4.5
packet, made up, 100g	4.0
Carbonara pasta sauce,	
chilled, 100g	8.0
jar, 100g	6.5
Casserole mix, dry, 40g sachet	6.5

Cheese pasta sauce,	
chilled, 100g	7.0
Cheese sauce, packet, 25g dry	5.0
packet, made up, 100g	4.0
Cook-in sauce jar,	
all varieties, 100g	2.5
Curry cooking sauce jar,	
balti, 100g	4.5
jalfrezi, 100g	4.0
korma, 100g	7.5
thai green/red, 100g	5.5
tikka, 100g	5.0
reduced fat, 100g	4.0
Curry paste, 1 level tbsp	2.0
Curry sauce mix,	
packet, 25g dry	4.5
Garlic paste/puree,	
1 level tbsp	1.0
Ginger paste/puree,	
1 level tbsp	0.5
Hollandaise sauce,	
packet, 25g dry	4.5
chilled, 1 level tbsp	2.0
Miso paste, 1 level tsp	0.5
Parsley sauce mix,	
packet, 25g dry	4.5
packet, made up, 100g	3.5
Stir-fry sauce,	
all varieties, 100g	6.0
Sun-dried tomato paste/ puree, 1 level tbsp	3.0
Sweet & sour sauce, 100g	5.5
Tomato pasta sauce/sauce for bolognese, chilled/jar, 100g	3.5
White sauce, packet, 25g dry	4.5
packet, made up, 100g	3.5
jar, 100g	6.0

stocks & gravies

Stock pots, liquid stock,
bouillon powder and stock
cubes are Free.

Gravy granules/paste,	
dry, 1 level tsp	1.0
made up, 100ml	1.5
Gravy powder, dry, 1 level tsp	0.5
Gravy, ready made,	
chilled, 100ml	2.5
Sauce concentrates/jellies, each	1.5

savoury
spreads &
pates

25g unless stated

Ardennes pate	4.0
Brussels pate, standard	4.5
reduced fat	2.5
Chicken liver pate	4.5
Crab pate	2.5
Duck pate	4.0
Farmhouse pate	3.0
Fish paste	2.5
Game pate	3.5
Mackerel pate	4.0
Meat paste/spread	2.5
Mushroom pate	3.0
Pork pate	4.0
Potted meat	2.5
Salmon pate	3.0
Sandwich filler,	
cheese, 1 level tbsp	2.5
chicken, 1 level tbsp	1.5
tuna, 1 level tbsp	1.5
reduced fat, all varieties, 1 level tbsp	1.0
Tuna pate	4.0
Vegetarian pate	2.5

soups

canned soup

100g unless stated

Condensed soup, undiluted,	
chicken	5.0
mushroom	4.5
tomato	7.5
reduced fat, all varieties	3.0
Consomme, all varieties	0.5
Standard soup,	
beef & vegetable	2.5
chicken & vegetable	2.5
chicken noodle	1.5
cream of chicken	2.5
cream of mushroom	2.5
cream of tomato	3.0
lentil	2.5
minestrone	1.5
oxtail	2.0
potato & leek	2.0
scotch broth	2.0
vegetable	2.0

chilled soup

100g unless stated

Soup, beetroot	2.5
broccoli & stilton	2.5
butternut squash	2.0
carrot & coriander	2.0
chicken & miso	3.5
chicken & vegetable	2.5
Soup, creamy chicken	3.0
leek & potato	2.5
minestrone	2.5
mushroom	2.5
pea & ham	2.5
pea & mint	2.0
spicy chicken	3.5
tomato & basil	2.0
vegetable	2.0
vegetable & lentil	2.5

dried soup

Soup, instant, made up, 100ml	2.0
instant, dry, per sachet	4.5
Soup with croutons,	
instant, made up, 100ml	2.0
instant, dry, per sachet	6.0
Soup, reduced calorie, instant, made up, 100ml	1.5

stuffings &
stuffing mixes

Stuffing balls, ready made, chilled/frozen, each	3.0
25g	3.0
Stuffing mix, packet, dried, 25g	4.5
made up, 25g	1.5

sweets &
chocolateschocolate -
non-branded

After dinner mints, each	3.0
Caramel & nougat filled chocolate bar, eg. Mars, 25g	6.0
Caramel, nougat & nut filled chocolate bar, eg. Snickers, 25g	6.0

Caramel & biscuit/ crispy rice filled chocolate bar, eg. Toffee Crisp, 25g	6.5
Chocolate bar with caramel/fudge/toffee, eg. Curly Wurly, 25g	6.0
Chocolate bar with creamy whipped filling, eg. Milky Way, 25g	6.5
Chocolate bar with wafers, eg. Kit Kat, 25g	6.5
Chocolate coated honeycomb, eg. Crunchie, 25g	6.0
Chocolate coated nuts, 25g	6.5
Chocolate coated raisins, 25g	5.5
Chocolate mint creams, each	2.0
Chocolate truffles, each	3.5
Chocolates with praline centres, each	3.0
Crispy coated chocolate pieces, eg. Smarties, 25g	6.0
Dark chocolate, 25g	6.5
Milk chocolate, 25g	6.5
with fruit & nuts, 25g	6.5
White chocolate, 25g	7.0

chocolate - branded

Aero, all varieties, 40g bar	11.0
Bounty, single bar	7.0
twin bar	14.0
Cadbury Buttons, 15g bag	4.0
32g bag	8.5
Cadbury Giant Buttons, 40g bag	10.5
Cadbury Creme Egg, each	8.5
Cadbury Crunchie, 32g multipack bar	7.5
40g single bar	9.5
Cadbury Curly Wurly, 26g	6.0
Cadbury Dairy Milk, 20g kids bar	5.5
36g multipack bar	9.5
45g single bar	12.0
Cadbury Dairy Milk Caramel, 37g multipack bar	9.0
49g single bar	12.0
Cadbury Dairy Milk Fruit & Nut, 49g bar	12.5
Cadbury Dairy Milk Whole Nut, 49g bar	13.5
Cadbury Double Decker, 54g bar	12.5
Cadbury Flake, 25.5g multipack bar	7.0
32g single bar	8.5
Cadbury Flake 99, 9g	2.5
Cadbury Fudge, 25g bar	5.5
Cadbury Freddo, 19g	5.0

sweets and chocolate
cont...

Cadbury Twirl , 34g multipack bar	9.0
43g twin bar	11.5
Cadbury Wispa , 30g multipack bar	8.5
39g single bar	10.5
Fry's Turkish Delight , 51g bar	9.5
Galaxy Caramel , 48g bar	11.5
Galaxy Counters , 35g bag	9.5
Galaxy Milk Chocolate , 42g bar	11.5
Galaxy Minstrels , 42g bag	10.5
Galaxy Ripple , 33g bar	8.5
Kit Kat , 2 fingers	5.5
4 fingers	11.5
Kit Kat Chunky , 48g bar	12.5
M & M's , chocolate, 45g bag	11.0
peanut, 45g bag	11.5

steps to success

Biscuits, chocolates, crisps, nuts, savoury snacks – 'trigger' foods are packed with Syns, almost impossible to resist and completely moreish! No food is banned, so learn to know yourself, and if you know something is your 'trigger' food, steer clear!

Maltesers , 19.5g funsize bag	5.0
37g standard bag	9.5
Mars Bar , 18g funsize bar	4.0
51g single bar	11.5
78.8g Duo bar	17.5
Milky Way , 16g funsize bar	3.5
21.5g single bar	5.0
43.8g twin bar	10.0
Milkybar , 12g bar	3.5
25g bar	7.0
Rolos , 52g tube	12.5
Smarties , 38g tube	9.0
Snickers , 48g bar	12.0
83.4g Duo bar	21.5
Toffee Crisp , 44g bar	11.5
Twix , 50g twin bar	12.5
Walnut whip , each	9.0
Yorkie , milk, 55g bar	15.0

sweets – non-branded

Each unless stated

American hard gums	1.5
Aniseed/ liquorice balls	1.5
Boiled sweets , all varieties	1.5
Bon bons	1.5
Candy floss , 18g stick	3.5
50g tub	10.0
Chew sweets , eg. Starburst	1.0
Chewing gum , 1 stick sugar free, 5 pellets	0.5
Chewy hard mints , eg. Humbugs	2.0
Chewy soft mints	1.0
Chocolate eclairs	1.5
Coconut sweets , ice/mushrooms/teacakes, 25g	5.5
Cola bottles	0.5
Flying saucers	0.5
Foam sweets , 25g	5.0
Fruit sherbets , eg. sherbet lemons	1.5
Fudge , 1 square	3.0
Glacier mints/ mint imperials	1.0
Jelly babies	1.0
Jelly sweets , eg. Haribo, 25g	4.5
Liquorice , all varieties, 25g	4.0
Liquorice allsorts , 25g	5.0
Nougat , 25g	5.5
Peppermint creams	2.0
Peppermints	1.0
Popping candy , 25g	5.5
Seaside rock , 100g stick	19.5
Toffee	2.5
Toffee apple	11.5
Turkish delight , plain	3.0
Wine gums	1.0

sweets – branded

Each unless stated

Polo mints , standard, 34g tube	7.0
sugar free, 34g tube	4.0
Rowntrees Fruit Gums , 48g tube	8.0
Rowntrees Fruit Pastilles , 52.5g tube	9.0
Sherbet Fountain	4.5
Starburst , 45g tube	9.0
Skittles , all varieties, 18g	3.5
55g	11.0

Werther's Original Butter Candies , standard	1.0
sugar free	

vegetables
& pulses

Vegetables and pulses are great for your health and your weight, which is why most are Free Foods.

beans

100g unless stated

Baked beans , flavoured eg. curry, cheese	0.5
Baked beans , in tomato sauce, with pork sausages	2.0
with vegetarian sausages	2.0

potatoes

100g unless stated

Bombay potatoes , canned/chilled	2.5
Chips, frozen , crinkle cut, baked	3.5
southern fried/coated, baked	6.0
straight cut, baked	3.5
thick cut, baked	3.0
thin cut/fries, baked	5.5
Chips, homemade , deep fried	5.0
Chips, straight cut , deep fried	9.5
Chips, thick cut , deep fried	7.5
Chips, thin cut/ fries , deep fried	14.0
Colcannon mash , ready made	2.5
Gnocchi (potato dumplings) , boiled	1.5
Hash browns , baked/grilled, each	2.0
Mashed potato , instant, flavoured, made up	1.0
Mashed potato, ready made , luxury	5.0
standard	1.5
with cheese	3.0
Mashed potato, homemade , made with milk & butter	1.5
Potato croquettes , plain, baked/grilled, each	2.0
flavoured, baked/grilled, each	3.0

Potato slices , battered, baked	5.0
Potato waffles , baked/grilled, 1 standard	2.5
1 mini	1.0
Potato wedges , seasoned/coated, baked	4.5
plain, baked	3.5
Roast potatoes , ready to cook, chilled/frozen	2.5

vegetables

100g unless stated

Ackee , canned & drained	7.5
Aubergine , cooked with fat	14.5
Cauliflower cheese , homemade, made with semi-skimmed milk	3.0
Cauliflower cheese , ready made, chilled, luxury	6.0
chilled, standard	2.5
frozen	2.0
reduced fat	2.0
Chopped tomatoes/ passata , with oil/olives	0.5

steps to success

The road to success with your body starts in your head. Instead of dwelling on what you can't eat, concentrate instead on what you can have. With Food Optimising there's so much!

Mushrooms , cooked with fat	7.0
creamed, canned	4.0
in breadcrumbs, baked/grilled	10.0
Onion rings, battered , baked/grilled	11.0
Onion rings, in breadcrumbs , baked/grilled	11.0
Onions , cooked with fat	6.0
Parsnips , cooked with fat	3.5
Plantain , cooked with fat	7.0
Ratatouille , canned/chilled	0.5
Red cabbage with apple	3.0
Sun-dried tomatoes , in oil, drained	6.5
Tomatoes , cooked with fat	3.0

vegetarian
foods

Some Quorn, TVP and tofu is Free – when cooked without fat.

Each unless stated

Bean burgers , baked/grilled	3.5
Breaded meat-free products , baked/grilled, 100g	4.5
Falafel , ready to eat mix, dry, 100g	1.5
Meat-free burgers , baked/grilled, quarterpounder standard	1.5
	0.5
Sausages , grilled, cheese & leek	3.0
meat-free	1.0
Quorn	0.5
tofu	3.5
Tofu , flavoured, 100g	3.0
Vegetable burgers , baked/grilled, quarterpounder standard	10.5
	8.5
Vegetable fingers , baked/grilled	2.5

eating out the food optimising way

Eating out is part of everyday life, whether it's grabbing a bite after work or joining friends on a special occasion. The great news for Food Optimisers is that, with Free Food and low-Syn dishes on almost every menu, dining out really is a doddle!

top eating out tips

- ♥ **Plan ahead.** Ask for a menu beforehand for a chance to pick out the Food Optimising options that will help you keep on track and still have a great time.
- ♥ **Fill up on Free Food all day** and leave your Healthy Extras, Syns – and more Free Food – to enjoy at the restaurant.
- ♥ If the menu isn't specific about a dish, **ask how it's cooked and what comes with it.** Don't be afraid to ask for substitutions, eg, new potatoes instead of chips, extra veg, sauce on the side.

Takeaways: new data on takeaway food has revealed the growing trend in bigger and **bigger portion sizes.** We've used this **new data** to update the Syn listings. If you've been a member before, you may find that some Syn values have changed – please check before you choose.

There can be enormous differences in how takeaway food is cooked, how much sauce, butter and oil is used for example. And that means the Syn values will vary hugely between local takeaways. To protect your weight losses, we've included the **higher values for the full container.**

As you do when you eat out, choose those dishes that are packed with Free Foods, and avoid foods that are creamy, rich and saucy, battered, fried, deep fried and crispy. This way you'll naturally steer towards the healthy choices that will guarantee you a great result on the scales next week!

eating out

- ♥ fast food
- ♥ chinese restaurants/takeaways
- ♥ coffee bars/sandwich shops
- ♥ fish & chip shops
- ♥ greek restaurants
- ♥ indian restaurants/takeaways
- ♥ italian restaurants
- ♥ mexican restaurants
- ♥ pizza restaurants

fast food

Burger King

Angus burger, classic, each	28.5
double, each	41.5
Chicken royale burger, each	30.5
Egg & cheese butty, with tomato ketchup, each	17.5
Cheeseburger, each	19.5
Double cheeseburger, each	23.0
Fries, small	7.5
medium	9.0
large	13.0
super	15.5
Hamburger, each	13.5
Ocean catch, each	25.0
Onion rings, 5 pieces	11.5
each	2.5
Veggie bean burger, each	31.5
Whopper, standard, each	32.5
junior, each	17.0

McDonald's

Bacon & egg McMuffin, each	17.0
Baked apple pie, each	12.5
Big Mac, each	24.5
Cheeseburger, each	15.0
Chicken McNuggets, each	1.5
6 pieces	9.0
Filet-o-fish, each	16.5
French fries, regular	8.0
medium	11.5
large	16.5
Garden side salad, without dressing	FREE
Hamburger, each	12.5
Hash brown, each	4.5
McChicken sandwich, each	19.5
McFlurry, Crunchie, each	16.5
Dairy Milk, each	17.0
Smarties, each	16.0
Quarterpounder with cheese, each	24.5
Sweet chilli crispy chicken wrap, each	23.0
Thick milkshake, all flavours, 1 medium	19.5

Kentucky Fried Chicken

Boneless mini fillets, each	3.0
Coleslaw, 1 regular	5.5
Original recipe chicken fillet burger, mini, each	14.0
standard, each	22.0
Original recipe chicken pieces, 1 drumstick/thigh	6.0
Zinger tower burger, each	31.0

Nandos

Corn on the cob, without butter	FREE
Grilled halloumi cheese, as served	9.0
Peri-peri 1/2 flame-grilled chicken, as served	11.0
Peri-peri flame-grilled chicken butterfly, as served	3.0
Spicy rice, regular	2.0
large	4.5

hot dogs

Hot dog in a bun, each	19.0
Hot dog in a bun with fried onions & ketchup, each	24.0

doner kebabs

Lamb doner kebab meat with salad, each	12.5
Lamb doner kebab with pitta bread, salad and mayonnaise, each	33.5

steps to success

Visit Slimming World Online each week (every day if you can) for top eating out and takeaway tips, along with slimming strategies, successes and recipes to help you achieve your dream target weight.

chinese restaurants/takeaways

Barbecue spare ribs, 160g serving	8.5
Beef chow mein, 550g serving	23.5
Beef in black bean sauce, 550g serving	8.0
Beef with mushrooms, 550g serving	8.5
Beef with peppers/onions/water chestnuts, 550g serving	19.0
Chicken & cashew nuts, 550g serving	14.0
Chicken & mushroom, 550g serving	9.5
Chicken chop suey with noodles, 550g serving	9.5
Chicken chow mein, 550g serving	24.0
Chicken in black bean sauce, 550g serving	7.5
Chicken in oyster sauce, 550g serving	6.5
Ginger & garlic prawns with noodles, 550g serving	24.0
Noodles, plain, boiled	FREE
Peking duck with pancakes, 375g serving	30.0
Prawn sesame toasts, 2 pieces	7.0
Prawns in batter with a sweet chilli sauce, 550g serving	35.0
Rice, fried, 350g serving	5.0
Rice, plain, boiled	FREE
Soup, chicken & sweetcorn, per serving	7.5
crab & sweetcorn, per serving	6.5
hot & sour, per serving	5.0
won ton, per serving	13.0
Special fried rice with chicken, pork & prawns, 350g serving	11.0
Stir-fried mixed vegetables, 550g serving	10.5
Sweet & sour chicken, 550g serving	27.0
Sweet & sour chicken in batter, 550g serving	30.5
Sweet & sour pork, 550g serving	25.0
Sweet & sour prawns, 550g serving	28.5

coffee bars/ sandwich shops

Almond croissant , each	19.5
Butter croissant , each	16.0
Carrot cake , slice	27.5
Chocolate brownie , each	18.0
Flapjack , each	20.5
Muffin , chocolate, each	23.0
reduced fat, each	16.0
Pain au chocolate , each	19.5
Blended iced coffee eg. Frappuccino,	
1 regular	8.0
1 medium	11.0
1 large	14.0
Blended iced cream eg. Frappuccino Creme,	
1 regular	13.0
1 medium	18.0
1 large	20.5
Cappuccino , made with skimmed milk, 1 regular	2.5
1 medium	3.0
1 large	4.0
Cappuccino , made with whole milk, 1 regular	4.5
1 medium	6.0
1 large	7.5

steps to success

The road to success with your body starts in your head. Instead of dwelling on what you can't have, concentrate instead of what you can have. With Food Optimising there's so much!

Hot chocolate , made with skimmed milk, 1 regular	9.0
1 medium	12.5
1 large	16.5
Hot chocolate , made with whole milk, 1 regular	13.5
1 medium	19.0
1 large	24.0

Latte , made with skimmed milk,	
1 regular	3.0
1 medium	4.0
1 large	5.5
Latte , made with whole milk,	
1 regular	5.5
1 medium	7.0
1 large	9.0

Mocha , made with skimmed milk, 1 regular	8.0
1 medium	11.0
1 large	14.0

Mocha , made with whole milk,	
1 regular	13.0
1 medium	18.0
1 large	23.0

Low fat sub on 9-grain wheat bread ,	
beef with salad, 6 inch	13.5
chicken with salad, 6 inch	14.5
club sandwich, 6 inch	15.0
ham with salad, 6 inch	13.0

Salads without dressing ,	
chicken	FREE
lean ham	FREE
turkey	FREE

Sandwiches , cheese, twin pack	20.0
chicken, twin pack	19.5
egg mayo, twin pack	18.5
tuna mayo, twin pack	20.5

Toasted panini or ciabatta ,	
chicken, each	24.0
ham & cheese, each	22.5
mozzarella & tomato, each	21.0
tuna melt, each	20.5

fish & chip shops

Chips , 220g serving	14.0
Curry sauce , per serving	6.0
Fish , battered, 1 large	18.0
1 medium	14.5
batter removed	FREE

steps to success

If you can't resist the pull of the fish & chip shop, a large battered fish – with the batter removed – and mushy peas is absolutely Free!

Fish cake , each	7.0
Gravy , per serving	7.5
Meat pie , eg. Pukka pie, each	20.0
Mushy peas	FREE
Saveloy , each	6.5
Scampi in breadcrumbs ,	
170g serving	16.0

greek restaurants

Baklava , per serving	18.0
Greek salad with feta cheese , per serving	9.0
Halva , per serving	13.0
Houmous with pitta bread ,	
per serving	23.0
Lamb kebabs , 100g each	3.0
Meatballs , 550g serving	24.5
Moussaka ,	
beef/lamb, 550g serving	16.0
vegetable, 550g serving	20.0
Pitta bread , each	11.0
Soup , bean, per serving	12.5
lentil, per serving	10.0
Stuffed vine leaves ,	
250g serving	21.0
Taramasalata with pitta bread , per serving	22.5
Tzatziki with pitta bread ,	
per serving	15.0

indian restaurants/ takeaways

Beef madras , 550g serving	15.0
Bombay potatoes ,	
350g serving	7.0
Chapatti , each	7.5
Chicken bhuna , 550g serving	18.0
Chicken biryani , 550g serving	18.5
Chicken curry , 550g serving	16.0
Chicken dhansak ,	
550g serving	10.5
Chicken jalfrezi , 550g serving	13.0
Chicken kashmiri ,	
550g serving	15.5
Chicken korma , 550g serving	25.5
Chicken makhani ,	
550g serving	24.0
Chicken pasanda ,	
550g serving	29.5
Chicken saag , 550g serving	17.0
Chicken tandoori ,	
350g serving	9.5
Chicken tikka balti ,	
550g serving	17.0
Chicken tikka masala ,	
550g serving	22.5
Chicken vindaloo ,	
550g serving	12.0
Chickpea dhal , 350g serving	5.0
Cucumber raita , 1 level tbsps	1.0
Gobi aloo saag , 350g serving	12.0
Lamb bhuna , 550g serving	19.0
Lamb biryani , 550g serving	25.0
Lamb pasanda , 550g serving	33.5
Lamb rogan josh , 550g serving	10.0
Lime pickle , 1 level tbsps	1.5
Mango chutney , 1 level tbsps	2.0
Naan bread , peshwari, each	25.0
Naan bread , plain, each	20.0
Onion bhaji , each	8.5
Onion sambal , 1 level tbsps	0.5
Paratha , each	12.0
Poppadoms , each	4.0
Prawn bhuna , 550g serving	14.5
Prawn biryani , 550g serving	19.5
Rice , pilau, 350g serving	5.0
Rice , plain, boiled	FREE
Samosas , meat, 2 small	12.5
vegetable, 2 small	7.5
Vegetable biryani ,	
550g serving	15.0
Vegetable curry , 550g serving	12.5

steps to success

Save Syns... switch from fried or pilau rice (5 Syns per 350g serving) to Free boiled rice.

Vegetable jalfrezi ,	
550g serving	10.5
Vegetable korma ,	
550g serving	21.5

italian restaurants

Cannelloni , beef, 550g serving	17.5
spinach & ricotta, 550g serving	17.0
Lasagne , beef, 550g serving	18.5
vegetable, 550g serving	11.0
Macaroni cheese , 550g serving	19.0
Soup , minestrone, per serving	6.5
Spaghetti bolognese ,	
550g serving	11.0
Spaghetti marinara ,	
550g serving	15.5
Tagliatelle carbonara ,	
550g serving	17.0

mexican restaurants

Beef burritos , per serving	37.0
Chicken chimichangas ,	
per serving	37.5
Chicken quesidillas ,	
per serving	33.0
Chilli con carne , 550g serving	11.5
Drinks , margarita, each	6.5
tequila sunrise, each	9.0
Enchiladas , beef, per serving	17.0
cheese & bean, per serving	20.5
chicken, per serving	22.0
vegetable, per serving	14.0
Fajitas , beef/steak, per serving	26.0
chicken, per serving	25.0
vegetable, per serving	36.0

Fries , 150g serving	14.0
Guacamole for side dish ,	
per serving	10.0
Loaded skins with sour cream dip , 150g serving	10.0
Nachos & sauce , per serving	25.0
Rice , plain, boiled	FREE
Salsa for side dish , per serving	3.0
Sour cream for side dish ,	
per serving	10.0
Spicy rice , large serving	4.5
Tortilla chips ,	
with guacamole, per serving	25.0
with salsa, per serving	18.0
Vegetable chilli , 550g serving	5.0

pizza restaurants

Pizza Express

Baked dough balls with garlic butter , as served	17.5
Classic pizza , American, each	40.0
Four Seasons, each	34.0
La Reine, each	37.0
Margherita, each	34.0
Sloppy Guiseppe, each	47.5
Garlic bread , as served	12.0
with mozzarella, as served	15.0
Leggera pizza ,	
American Hot, each	20.0
Padana, each	21.0
Pollo ad Astra, each	21.0
Pomodoro Pesto, each	20.0
Romano pizza , Padana, each	41.5
Pomodoro Pesto, each	57.5
Rusticella, each	51.0

Pizza Hut

Pan pizza , regular 9 inch, Hawaiian, per slice	8.5
Margherita, per slice	9.0
Meat Feast, per slice	9.0
Pepperoni Feast, per slice	9.5
Veggie Supreme, per slice	7.5
Ultimate garlic bread , per slice with cheese, per slice	6.5