5:2 SUMMER TIPS

Summer is a time when we often prefer lighter meals such as salads. That’s great news if you’re following the 5:2 diet because salads and vegetables contain very few calories, so you can really fill your plate with them. They are also a great source of vitamins and fibre, and help to keep you hydrated as they contain lots of water, which also helps with a healthy digestive system.

There is a vast array of different ways to combine, prepare and serve your salads and vegetables so that your meals remain appetising as well as nutritious. Follow these top tips for a tasty and healthy 5:2 summer.

★ TOP TIPS ★

Get Colourful
Include as many different colours as possible...or in other words ‘eat a rainbow’.

Dressings Count
Choose low or no-calorie dressings, fresh lemon or lime juice and balsamic vinegar are great on salads and add extra flavour.

Fresh Herbs
Use fresh herbs such as coriander, fennel, basil or parsley in your salads to spice them up.

Snacks
Choose fresh, colourful and crunchy foods that are low in calories, for example ‘Peppers & Salsa’ or ‘Celery & Tzatziki’ are only 25 - 30 calories (see 5:2 Diet Photos book for recipe).
Seasonal
Make the most of your favourite vegetables and salad foods as they come into season and are at their best...

May
Asparagus, Spinach, Lettuce and Cucumber

June
Broad Beans, Peas and Carrots

July
Celery, Courgette and Runner Beans

Sweet Tooth
For your sweet tooth try ‘Berries and Jelly’ or ‘Vanilla Berries’ – only 30 - 50 calories (see 5:2 Diet Photos book for recipe).

Be Adventurous
Be adventurous with different types of salad leaves. Try rocket or spinach as well as traditional iceberg lettuce. You’ll be surprised how different they all taste.

Water
Make plain water more interesting by filling a jug and adding ice and slices of lemon, lime or cucumber to infuse with flavour.

Protein
Protein keeps you feeling fuller for longer, so remember to include a serving of protein in your meals, such as lean meat, fish or eggs.

★ KEY POINTS ★

Keep Hydrated
Keep hydrated, especially on fast days. Aim for 3 litres of low-calorie or calorie-free fluids a day.

Alcohol
Alcohol contains a lot of calories with no other nutritional benefit, so even on non-fasting days it’s important to keep track of how much you are drinking.