Tony Ferguson

Treats
on Tony Ferguson Classic plan

Balance is essential in any healthy lifestyle and part of this is being able to enjoy the treats we love. These "treats" shouldn't be thought of as "cheats", they're part of your healthy, balanced lifestyle and you can feel completely comfortable including them in your routine.

There's no need for feelings of guilt when having your treats - enjoy them as part of your journey towards a healthier you!

WEEKLY TREATS

Choose one of the following Weekly Treat options on a maximum of 2 days per week (i.e. choose one option twice each week).

Your treat allowance is in addition to your regular daily intake.

WEEKLY TREAT OPTION	ONE SERVING SIZE
Tony Ferguson Dessert	1 portion (as packed)
Sugar-free Chocolate	1 small bar / 1 row chocolate slab
Sugar-free dessert / pudding (of choice)	1 portion (as packed)
Sugar-free biscuits / cookies (of choice)	1 portion (as packed)
Sugar-free frozen cream pop	1 portion (as packed)
Dark chocolate (regular)	2 blocks (10-15g)
Rice cakes	1 large / 2 small rice cakes
Popcorn	1 cup (light popcorn)
Sliced cheese (of choice)	30g
Nuts	20g
Saltine type crackers	2 crackers
Biltong / Dröewors	30g
Distilled spirits: vodka, rum, gin or whiskey (neat or mixed with a sugar-free soft drink / soda water).	1 tot (30ml)
Dry wine, red or white	1/2 wine glass (120ml)
Sake	30ml
Light beer	1 bottle / 1 can (340-360ml)

If nothing on the Weekly Treat options list appeals to you, use these guidelines to help you choose your own treat.

Take a look at the label of the treat you'd like, and choose a portion size that is in line with the following guidelines:

• The 'total calories' of your treat option should not exceed 100kcal (420kJ) per serving.

• Aim for low-sugar or sugar-free. A single serving should contain 14g or less of 'total carbohydrate'; of which no more than 10g should be from 'sugar(s)'.

• The 'total fat' in your treat should be limited to a maximum of 10g per serving.

• There is no restriction on the 'protein', provided your treat meets the caloric guidelines above.