Phase 2 Fats and flavours

Herbs and spices options

There are no recommended portion sizes for herbs and spices - you can use as much or as little of the ones you like. If you're not used to using spices you might want to try some from the options below to flavour your meals.

Note: Many pre-mixed flavouring sachets/pastes have high levels of salt and often contain added sugar or oil. They're also more expensive than mixing your own!

Example spices (whole or ground)

- Allspice
- Asafoetida
- Black onion seeds
- Caraway seeds
- Cardamom
- Chilli powder/chillies
- Chinese 5 spice
- Cinnamon
- Cloves
- Cumin
- Curry powders/leaves
- Garlic/garlic salt
- Garam masala
- Mace
- Mustard seeds
- Nutmeg
- Paprika
- Ras-al-Hanout
- Suma
- Star anise
- Za'atar

Example herbs (fresh or dried)

- Basil
- Bay leaf
- Coriander seed
- Dill
- Fennel seeds
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Taragon
- Thyme
- Lemongrass
- Kaffir lime leaves

Phase 2 Fats and flavours cont.

Healthy fat options

Oils for cooking and dressings		
Type	**Portion size**	**Comments**
Unrefined olive oil	5ml, 1teaspoon	Use when cooking in the oven and pan frying (not deep frying)
Rapeseed oil	5ml, 1teaspoon	
Extra virgin olive oil	5ml, 1teaspoon	Use cold for salad dressings
Flavouring oils eg walnut, sesame	5ml, 1teaspoon	

Dips and sauces		
Type	**Portion size**	**Comments**
Hummus	50g, ¼ small tub	
Guacamole	50g, ¼ small tub	
Pesto	15g, 1tablespoon	

Other ingredients Used in small amounts to add flavour
Vinegars eg apple cider, balsamic, red and white wine vinegars, malt vinegar, sherry vinegar, rice vinegar
Pastes eg curry paste, harissa
Soy sauce, fish sauce, tabasco, sriracha sauce
Lemon and lime juice

Phase 2 Fats and flavours cont.

Nuts and seeds

These are usually categorised as plant-based sources of protein. But, in *Phase 2* we include them in the fats category. This is because they're higher in fat than other protein foods so if you eat enough to get much protein from them your meal will be very high in calories!

Nuts and seeds

Type	Portion size	Comments
Nuts eg walnuts, hazelnuts, almonds, brazil nuts, cashew nuts, pistachio	25g, a small palmful	Choose unprocessed nuts without flavouring/ roasting/ salting/ coatings
Nut butters eg peanut, almond, cashew	15g, 1tbsp	Choose no added sugar varieties, be aware most popular brands have sugar added
Seeds eg linseed, chia, pumpkin, sunflower	15g, 1 tbsp