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## WORLD FRIENDLY FOOD

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Rice/Pasta/Grains – Slimming World Free Food. Buckwheat Bulgur

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Wheat Couscous Dried Noodles, Plain\* Dried Pasta, All Varieties\*  
Dried pasta, wholewheat/wholemeal\* Pearl Barley Quinoa Rice\*\*  
\*fresh pasta and noodles carry a Syn value. \*\*Microwave rice  
pouches, e.g. Tilda, carry a Syn value. Seafood □ Slimming World  
Free Food. Fish Products: Caviar Cod Roe

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Slimming World recommend you try to eat at least two portions of fish a week and one portion of oily fish a week. Meat & Poultry. To make sure the meat and poultry you are eating is free choose the leanest cut available. Mince should be less than 5% fat for it to be considered a free food. Make sure you remove all visible fat and any skin from poultry.

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