



S

1500 kcal/day



M

2100 kcal/day



L

2700 kcal/day

Which Mealsizer® size?

Mealsizer® is available in three different sizes: Small, Medium, and Large. Easily find the right size for you in the table below. If you want to lose weight faster, you can choose the size in brackets. The average energy requirement for a woman and a man is 2.100 and 2.700 kcal/day¹. It also depends on how physically active we are.

WOMAN		
LIFE STYLE	Exercise 1-3 days/week and a job with little physical activity	Exercise 3-5 days/week
GOAL	Lose weight and learn to eat moderate portions	Lose weight and learn to eat moderate portions
SIZE	M (S*)	M (M**)
MAN		
LIFE STYLE	Exercise 1-3 days/week and a job with little physical activity	Exercise 3-5 days/week
GOAL	Lose weight and learn to eat moderate portions	Lose weight and learn to eat moderate portions
SIZE	L (M*)	L (L**)

CHILDREN Mealsizer® Small from 6 years

(consultation with dietician or relevant physician is recommended for use with children)

* Want to lose weight faster; choose this size.

** With this level of exercise, it is not recommended choosing a smaller Mealsizer size to lose weight faster since you will then also have a greater energy consumption.

1. The sizes of the measures are calculated by a licensed dietician for individuals consuming an ordinary amount of energy, based on Swedish Nutrition Recommendations and MyPlate.

A day with Mealsizer®

A menu with Mealsizer® could look like this. Enjoy your meal!

BREAKFAST

A bowl of plain, low-fat yoghurt with whole-grain cereal, nuts, and berries

A piece of rye bread with a slice of turkey and tomato

A kiwifruit

A cup of coffee with milk or a glass of semi-skimmed milk

LUNCH

Oven-baked salmon with bulgur and yoghurt sauce, boiled broccoli florets and green salad with cocktail tomatoes and oil/vinegar dressing.

1 portion of salmon and sauce (protein measure)

1 portion of bulgur (carbohydrate measure)

1 portion of broccoli, tomatoes, and lettuce (vegetable measure)

1 tbsp. oil/vinegar dressing

DINNER

Minced meat steaks with feta cheese, oven-roasted potatoes, carrots, onions, paprika and eggplant/aubergine.

1 portion of minced meat steak (protein measure)

1 portion of potatoes (carbohydrate measure)

1 portion of oven-roasted carrots, onions, paprika and eggplant/aubergine (vegetable measure)

1-3 in-between meals/snacks per day

A cup of coffee/tea/glass of semi-skimmed milk and a fruit/vegetable

A smoothie

A piece of bread with a slice of cheese

A bunch of nuts (protein measure)

Yoghurt with a bunch of berries with a teaspoon agave syrup



Four super easy steps:

- 1 Place the cooked/prepared food in the measure.
- 2 Fill the measure all the way to the rim.
- 3 Cut up any large potatoes, sausages or pieces of meat or fish to fit in the measure.
- 4 Place the contents of the measure onto your plate and enjoy!

Mealsizer® in brief

USED FOR LUNCH AND DINNER

Eat a well-balanced diet and lose weight the sustainable way, without having to count calories or weigh your food. In the bottom of each measure, you can see if that particular measure applies to vegetables, carbohydrates or protein.

GIVES YOU PORTION CONTROL

You can eat more or less anything. It is good to vary your diet between different types of food.

CALCULATED BY LICENSED DIETICIAN

Mealsizer® provides the right amount of energy and nutrition in each meal. The sizes of the measures are calculated by a licensed dietician for individuals consuming an ordinary amount of energy, based on Swedish Nutrition Recommendations and MyPlate.

ENVIRONMENTALLY-FRIENDLY AND SWEDISH

Mealsizer® is made from environmentally friendly, recyclable plastic and is manufactured in Sweden.

THREE SIZES

Mealsizer® is available in three different sizes based on energy requirement, physical activity, and goals.



Vegetables

THE LARGEST MEASURE

This is the only measure that gives you a *minimum* amount to eat. You can choose the vegetables you like the most, both raw and cooked. Fill the measure with vegetables to the rim. Then place the vegetables onto your plate. The vegetable measure can also be used when you are eating lasagna or soup - meals that otherwise aren't ideally suited to the use of the various measures - in order to achieve the right balance in your meal.

- Bulb vegetables** like onion, garlic and shallot
- Cabbage** like cauliflower, broccoli and artichoke
- Leafed vegetables** like sprouts, spinach and salad
- Legumes** like chickpeas, green peas, lentils and beans
- Root crops** like carrots, celery and beetroot
- Vegetable fruits** like tomatoes, cucumber and squash



Carbohydrates

THE MID-SIZED MEASURE

Fill the measure with cooked carbohydrates all the way to the rim, but do not fill the handle. Then place the contents onto your plate. You should vary between different types of carbohydrates. Try to use products with fibres and whole grains which will make you stay satisfied longer in-between meals.

- Bread**
- Bulgur**
- Couscous**
- Pasta**
- Potatoes**
- Quinoa**
- Rice**
- Wheat berries**
- Wheat grain or other grains**



Protein

THE SMALLEST MEASURE

Fill the measure with protein-rich food all the way to the rim, but do not fill the handle. Then place the contents onto your plate. Cut up any large pieces to fit into the measure. If you are having for example spaghetti with meat sauce; then this is the measure where you put the meat sauce.

- Cottage cheese**
- Egg**
- Fish and seafood**
- Legumes** like chickpeas, green peas, lentils and beans*
- Meat**
- Minced meat dishes**
- Pork**
- Poultry**
- Quorn**
- Sausage**
- Soya products** and other protein-rich vegetarian foods



*For example, if you are a vegetarian, and this is the primary source of protein.