

Our Watch Out Chart

Watch Out! Monster Points		Welcome! Favorite Points	
Meat/ Sausage/ Fish	Points		Points
150g breaded schnitzel	16	150g pork cutlet, fried	9
30g salami	10	30g boiled ham	1
150g sausage	43	150g turkey breast	2
250g boiled carp	13	250g boiled pike-perch	2
Salads			
5g black olives	9	1 pepperoni	under 1
20g tuna in oil	4	20g tuna in brine	under 1
25g mayonnaise (80% fat)	21	25g salad cream (20% fat)	5
Vegetables			
150g croquettes	8	150g boiled potatoes	under 1
150g french fries	22	150g oven fries	15
100g potato dumplings with bacon	12	100g potato dumplings	under 1
Milk Products			
1TL crème fraiche (30% fat)	2	1TL sour cream (10% fat)	1
150g cream yoghurt with fruit	13	150g low-fat yoghurt with fruit	2
30g camembert (60% fat)	10	30g camembert (30% fat)	4
Desserts			
150g cream quark (40% fat)	17	150g fruit quark (10% fat)	4
100g mousse au chocolat	10	100g chocolate blancmange	4
100g cream & nut ice cream	11	100g sorbet	under 1
Baked Goods			
1 croissant	13	1 bread roll	1
1 piece fruit tart (pastry)	9	1 fruit slice (yeast dough)	3
1 puff without cream	20	1 baisier with fruit	under 1
Sweets/Snacks			
4 pieces of chocolate	5	15 jelly beans	under 1
1 chocolate bar with caramel	11	5 caramel sweets	under 1
50g potato chips	19	20 salt sticks	1

You can have more fun with **Point for Point** using our **Fat Point Chart** to enter your points.



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Point for Point

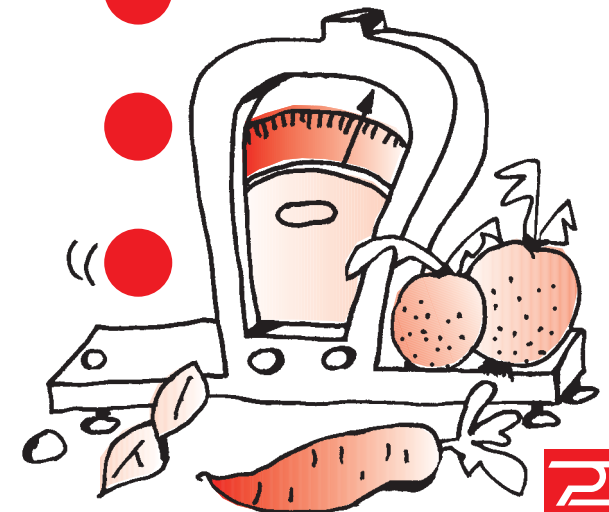
A Nutritional Concept

that allows you to eat anything you like

that promotes health and fitness

that is easy to use


that can be used at home too





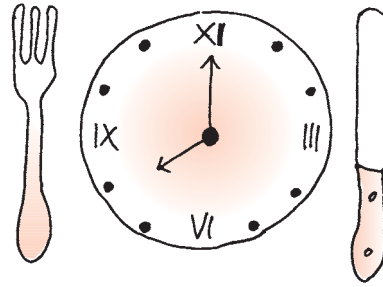
What is Point for Point?

Point for Point is an uncomplicated nutritional concept which allows you to eat anything you like. You don't need to count calories and you don't need to follow a diet. You only have to reduce the proportion of fat energy in your diet from **45% to 30%**.



But how? Simply by following the principle: **one point, one gram**. Because one point stands for one gram of fat. And **500 fat points** (500g fat) is what you are allowed each week according to the recommendations of the German Society of Nutrition.

But it is up to you, how you distribute the 500 fat points across the week. To help you put your individual meal plan together, Dussmann Service has allocated fat points to all of its recipes.




If you want to continue the Point for Point concept at home, you only need to check the fat content labeling on your foods or use our **fat point chart**.



Points for healthier eating.



Why Point for Point?



In general, we eat too much fat and not enough fruit and vegetables. Comparisons between the rich industrial nations and the poorer countries of the world show that the differing eating habits have a clear influence on certain illnesses, for example cardiovascular disease, diabetes and cancer. It is estimated that the cancer rate in Germany could be halved by daily consumption of five portions of, preferably raw, fruit and vegetables.



Of course, it is relatively simple to eat more fruit and vegetables. It is much more difficult to reduce fat intake because fat is often hidden in foods where we simply wouldn't expect it to be, or at least, not in the quantities shown in our **Watch Out Chart** on the following page. You probably didn't know that a croissant has 19g more fat than a bread roll, or that a breaded schnitzel has 7g more fat than a cutlet without coating. This is why Dussmann Service, together with Prof. Dr. Thomas Schmidt of the Medical College in Hanover, developed the concept **Point for Point**. Point for Point gives you the opportunity to reduce your fat intake, to improve your health and to reduce your weight without changing your eating habits dramatically. Try it out.

Count points with us.