

✓ Regular Breakfast

Breakfast is the most important meal of the day as it replaces much needed fuel stores for your brain and muscles lost from your overnight sleep. Without breakfast you may find it hard to concentrate, feel tired and fatigued, also your appetite maybe increased throughout the day and evening leading to overeating at meals.



✓ 2-3 Servings of fruit per day

Fruit provides a great source of vitamins, minerals and antioxidants—they are also low in calories. Try and consume at least 2-3 servings per day (1 fist size = 1 serving) spread out evenly over the day. Try to consume different types of fruit to consume a wide range of nutrients!



✓ Eat Regularly - Avoid missing meals

Having a regular eating pattern is a vital lifestyle habit for a healthy diet. Eating regularly in correct portions controls helps to control your appetite and to avoid overeating at meals and snacks through the day. Space your meals out evenly over the day to suit your lifestyle and include light snacks in between to get you through to your next meal.



✓ Drink Regularly

Drinking water regularly is vital to maintain hydration and keep you at your best throughout the day. Water is the healthiest option as it contains no sugar, which means it has no calories and is also the best option for your teeth. Drinking regularly and often also helps to control your appetite as often you can become hungry from dehydration.



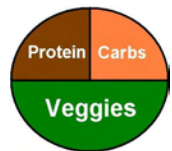
✓ 3+ servings of veggies per day

Vegetables provide a rich source of vitamins, minerals and fibre to your daily diet. Consuming different coloured veggies provides an array of different phytochemicals, which are all essential to good health, therefore try and consume a rainbow type array of different



✓ Follow the healthy portion plate

Following the healthy portion plate for dinner is vital to balance your nutrients and also your total amount of calories per day. Remember to get into the routine of filling 1/2 of your plate first with veggies, then 1/4 lean meats & protein and 1/4 carbohydrates.



✓ Control intake of sweetened drinks

Sweetened drinks can be high in sugar and contain what is known as empty calories. This meaning for the high amount of calories they contain they do not provide any great nutrients. Limit your intake of such drinks, water is the healthiest option or choose



✓ Choose wholegrains

Choosing whole grains to make you feel fuller for longer, promotes regular bowel function, boosts your intake of b vitamins and helps to control your blood sugar levels.



✓ Always read your labels

Reading labels regularly can help to ensure you are choosing the best products to reach your lifestyle goals. Remember less than 10g per 100g for Total fat and Sugars, for drinks try and keep the sugar content as low as possible.



✓ Keep active wherever possible

As well as exercising regularly, increase the amount of calories you burn by being active at every opportunity. Take the stairs instead of the lift, walk where possible instead of driving, play with the kids or make family outings in the weekends active at the park or the beach.

