



Food tips to get you started

Feel fantastic from the inside out. Eating well is essential to a happy and healthy you.

Benefits of a healthy diet include;

- Increased energy levels and vitality
- Lower risk of disease such as heart disease, Type 2 diabetes,
- Control over your bodyweight
- Increased sense of wellbeing
- Better perception of self esteem and body image
- Better concentration
- Stronger bones and teeth

To improve your diet and ensure you are making the best possible food choices use guide below on a day to day basis;

- Preparation and consistency are the key
- Begin your day with a good healthy breakfast
- Stop eating while you are still comfortable, its ok to leave food on your plate
- Allow your body to register it has eaten, wait for an hour – if you are still hungry reach for a healthy snack
- Carry healthy snacks with you
- Include a protein source in every meal or snack
- Reach for low GI carbohydrates
- Read labels – check the sugar content as well as the fat content
- Eat a wide variety of coloured fruit and veggies
- Eat every 2/3 hours to ensure your metabolism keeps burning
- Enjoy smaller meals of an evening
- Eat at least 2 hours before going to bed
- Limit your alcohol intake

Healthy Snack ideas:

Small handful of nuts	100g lean ham/chicken
Vege sticks with hummus	Small piece of fruit
Tin of Tuna in spring water	Low fat cottage cheese and berries
Low fat yogurt (check sugar content)	
Protein Bar/Shake (be sure to read the label, some of these can catch you out)	