

10 TIPS TO IMPROVE YOUR EATING HABITS

1. START A FOOD DIARY - Writing down what you're eating and drinking will help you see any problem areas.

2. DITCH DIETING - A diet has a start and an end date, which means it's not sustainable long-term. Instead, try a 'One change at a time' approach. For example, try swapping a food you eat often to a healthier version (such as using reduced-fat milk instead of regular milk), cooking one new healthy recipe each week, or keeping week nights alcohol-free.

3. EAT FRUIT AND VEGETABLES - Add one more piece of fruit and one more serve of vegetables to your day. Build up to the recommended two pieces of fruit and five serves of vegetables (around three cups) every day.

4. WAKE UP TO BREAKFAST EVERYDAY - Breakfast eaters are more likely to maintain a healthy weight and less likely to re-gain lost weight. For a breakfast that will keep you feeling fuller for longer, include a source of protein (such as a boiled egg or baked beans) and a low glycaemic index choice (like wholegrain toast or low-fat yoghurt) with breakfast.

5. SHRINK PORTION SIZES - Doing this at every meal is a sure-fire way to lower your energy (or kilojoule) intake. Fill half your plate with vegetables or salad, a quarter with lean meat, chicken or fish, and a quarter with carbohydrate-rich foods (like pasta, rice, potato or bread). Try using smaller plates and bowls. Using a plate 25% smaller, means you'll be eating 25% less food!

6. TAKE CARE WITH TAKEAWAYS - Healthy options on the run include a lean meat and salad wrap, grilled fish with salad (or a grilled fish and salad burger), sushi, or tomato-based pasta dishes (such as with a napolitano sauce). If buying take-away, opt for the smaller serve size, and stick to a glass of water on the side!

7. SWITCH TO HEALTHIER DRINKS - Water and low-fat varieties of milk are the best choices. Swapping a soft drink for water will save 694kJ. Have a glass, bottle or jug of water close by at all times.

8. GET MOVING - Catch-up with a friend for a walk instead of over a coffee, or take the steps at work instead of the lift. Work up to being active for at least 30 to 60 minutes each day. Make a plan at the start of the week for when you'll fit in your exercise.

9. BE 'TREAT-WISE' - If buying treats, choose smaller serve sizes and have these in the house less often. Plan when you will have a treat – say once a week if you're looking to lose weight. Really enjoy your treat when you have it – eat it slowly and savour the flavour!

10. MODERATE YOUR ALCOHOL INTAKE - If you drink alcohol, aim for at least two alcohol-free days each week, and keep the amounts you drink in check. A glass of wine will take 15 minutes of walking to burn off, and a pre-mixed drink around three times as long! If drinking, try a wine spritzer (wine diluted with plain mineral water) or a light beer, or ask for smaller glasses when drinking.

Eat better, feel better, see an APD!

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.



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