



10 TOP TIPS FOR A HEALTHY DIET

1. Water and diluting juice are healthy alternatives to fizzy drinks.
2. If you switch to a smaller plate it is easier to cut down portions.
3. A big portion of vegetables or salad at each meal helps to fill you up. Aim to fill half the plate.
4. Have some cereals, bread, pasta, potatoes or rice at each meal.
5. We don't need to eat too much meat – a small portion will do! Try to have some meat, fish, eggs or pulses (lentils, beans) with 2 meals each day.
6. If you are making sandwiches, try to use healthy fillings, like lean ham, chicken, boiled eggs or tuna. If you want to use a low fat spread or mayonnaise, a thin scraping is enough.
7. Fruit makes a good snack. Have some every day.
8. Try to cut down on high fat foods like crisps, chips, pies, pastries and fried foods.
9. Try to limit chocolate, sweets, cakes and biscuits to 1-2 weekly as a treat.
10. Avoid adding sugar to foods and drinks. Use a sweetener if you like.



CHANGING YOUR EATING HABITS

This list gives ideas of some simple changes that young people find helpful when they are trying to control their weight.

Tick any that you already do:

<input type="checkbox"/>	Stick to 3 meals and 2 healthy snacks each day at regular times.
<input type="checkbox"/>	Eat fruit or vegetables between meals – avoid other snacks.
<input type="checkbox"/>	Eat lots of vegetables at mealtimes.
<input type="checkbox"/>	Don't skip meals, especially breakfast.
<input type="checkbox"/>	Try changing to semi- skimmed milk.
<input type="checkbox"/>	Keep food in the kitchen – not in other rooms of the house or in the car.
<input type="checkbox"/>	Eat sitting down. Avoid watching TV and playing computer games when you eat.
<input type="checkbox"/>	Learn to eat when you really are hungry and stop eating before you feel full.
<input type="checkbox"/>	Put food on a small plate and not in serving bowls, so you can see how much you eat.
<input type="checkbox"/>	Pause during meals. Put your knife and fork down between mouthfuls.
<input type="checkbox"/>	Avoid rushing your food & drinks.
<input type="checkbox"/>	Avoid second helpings.
<input type="checkbox"/>	Eat a healthy diet with one or two treats per week. Plan these in advance.

Further Suggestions

<input type="checkbox"/>	Take plenty of exercise. Try to do at least 30 minutes of physical activity each day.
<input type="checkbox"/>	Try to limit the amount of chocolate, crisps, cakes and biscuits in the house.
<input type="checkbox"/>	Ask your family for non food treats and presents, like a trip to the cinema or the shops, a CD, a new book or having a friend to stay overnight.
<input type="checkbox"/>	Ask for help from friends and family.



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