

Some practical ideas to help change your food habits

Choose only one change at a time and try to make that change a habit before choosing another. Start with the changes that will be easiest and that you really **believe** and feel confident that you can make. Use the tick boxes to mark the habits you are focusing on, master one at a time

Planning ✓

• Plan your meals for the week – <i>it only takes about 5-10 minutes each week</i>	<input type="checkbox"/>
• Write a shopping list – <i>you are what you eat</i>	<input type="checkbox"/>

Shopping ✓

• Eat real food, not labels - <i>Shop around the outside of the supermarket. Avoid the middle aisles with lots of processed & refined food. This is where the salt, fat and sugar are hidden (not good for our heart or weight health)</i>	<input type="checkbox"/>
• Avoid processed meat (<i>ham, most bacons, luncheon sausages, pre-cooked sausages, chicken nuggets</i>) which are high in fat, salt and contain additives	<input type="checkbox"/>
• Eat more fruits and vegetables – <i>buy seasonal produce for the best price, Buy a wide variety of colours, this is the best food you can spend your money on</i>	<input type="checkbox"/>
• Don't shop when you are hungry – <i>too many temptations</i>	<input type="checkbox"/>

Cooking ✓

• Make coloured vegetables the focus of most meals – <i>try salads, steamed, roasted, raw and grilled. Vegetables are very good for your heart</i>	<input type="checkbox"/>
• Reduce pasta, bread, rice, potatoes and other starchy foods. Try lentils, beans or chickpeas - <i>much higher nutrient levels, buy canned varieties or soak dried beans overnight</i>	<input type="checkbox"/>
• Try one vegetarian meal a week - <i>try meatfree Monday, good for your budget</i>	<input type="checkbox"/>
• Cut down on salt - <i>Use herbs and spices in your meals instead of salt e.g. basil with tomato, curry powder with omelette & turmeric in soups. Try using a pinch of salt instead of a shaker and work towards cutting down</i>	<input type="checkbox"/>
• Try out one new recipe a week – <i>swap recipes with friends, swap starchy based ingredients for more vegetables/beans/legumes</i>	<input type="checkbox"/>
• Make your own salad dressing - <i>instead of buying pre-made try: olive oil, lemon juice, red/white vinegar, mustard, garlic & pepper</i>	<input type="checkbox"/>

Drinks & Snacks



<ul style="list-style-type: none"> Be prepared: Take vegetable/fruit snacks to work - <i>chopped carrots, celery, and cucumber with hummus or avocado dip, cherry tomatoes. Use cucumber rounds instead of crackers, plain yoghurt and berries in a snap lock container, Fruit, a whole capsicum. Raw/dry roasted nut mixes, hard-boiled egg, cottage cheese and vegetables sticks</i> 	
<ul style="list-style-type: none"> Drink water! - <i>Swap cordials/raro/concentrates for water. Keep containers of water in the fridge and make water the 'go to' drink of choice in your household. Try adding slices of lemon, orange or cucumber and mint to the water</i> 	
<ul style="list-style-type: none"> Swap diet, fizzy and fruit juices (high sugar) for sparkling/soda water – <i>much better for your heart health and waist line</i> 	

Other changes



<ul style="list-style-type: none"> Plant a vegetable or herb garden - <i>start with coriander, parsley, basil, spinach, silver beet, kale or lettuce</i> 	
<ul style="list-style-type: none"> Eating out: At buffets / barbeques and dinners, cruise before you choose, instead of trying every option - <i>This way you can pick the best options for you! Focus on filling up most of your plate with coloured vegetables</i> 	
<ul style="list-style-type: none"> Use a smaller plate - <i>bigger plates trick us into eating more food</i> 	
<ul style="list-style-type: none"> Have (at least) 2 alcohol free days per week 	
<ul style="list-style-type: none"> Take the '5+ a day' challenge for fruits and vegetables 	
<ul style="list-style-type: none"> Make something from scratch that you would usually buy – <i>baked beans (butter beans + chopped tomato and garlic), tomato sauces (garlic, tomatoes, onions, herbs, tomato puree), hummus (canned chickpeas, lemon juice, olive oil, tahini (sesame paste), splash of water)</i> 	
<ul style="list-style-type: none"> Wait 20 minutes after each meal before deciding whether to have more food - <i>set a timer on your phone or oven</i> 	
<ul style="list-style-type: none"> Bake something in the oven that you would usually deep fry 	
<ul style="list-style-type: none"> Swap flavoured or 'lite' yoghurt for a plain unsweetened variety – <i>add your own fruit, berries, cinnamon, nuts and seeds or toasted coconut to add flavour</i> 	
<ul style="list-style-type: none"> Swap bread at the dinner table for a coloured vegetable dish 	
<ul style="list-style-type: none"> Make half of your plate coloured vegetables 	
<ul style="list-style-type: none"> Eat meals at the table - <i>meals are a time for families to come together and enjoy the food that has been prepared</i> 	
<ul style="list-style-type: none"> Slow down your eating speed - <i>make meals last 20+ minutes – people who chew their food well and eat at a slower pace are naturally of a lower body weight</i> 	