

Information Sheet 1

Knowing your goals and improving your eating habits

- 1) What do you want to achieve?
 - less body fat
 - look and feel better
 - better eating habits, using everyday foods
 - control of your weight
 - lifestyle change

- 2) How do you achieve these goals?
 - a) Watch what you eat
 - healthy choices include foods low in fat and sugar, and high in fibre
 - try not to add extra fat
 - avoid buying tempting foods that you know are less healthy

 - b) Examine how you eat
 - try to eat slowly - enjoy your food, don't rush it (you will feel fuller quicker)
 - present the food well, even if eating on your own. Well presented food looks more substantial
 - try to sit at a table every time you eat - this will help digestion

 - c) Plan when you eat
 - plan your meal times. Try to avoid long gaps between meals
 - if you have snacks, have them at set times during the day

 - d) Think about why you eat
 - are you hungry, or do you just want to nibble?
 - can you wait until your next meal?
 - do things that will keep you mind off food e.g.. go for a walk
 - recognise your problem times (coming home from work etc.)