

# MIND YOUR HEAD



▪ Eat balanced meals and a wide variety of foods (see food pyramid as a guide). This means including some high fibre starchy carbohydrate (wholegrain bread, pasta, rice, potato, wholegrain cereal), some lean protein (meat, chicken, fish, eggs) and a large serving of fruit, vegetables or salad at each meal.

▪ It's about how much you eat as well as what you eat! Eating smaller portions will make a difference to you weight. Try using a smaller plate and avoid second helpings. See the food pyramid for further detail on portion sizes

Aim for 5 or more portions of fruit and vegetables each day. Some tips:

- Try homemade vegetable soup at lunchtime
- Include some fruit with your breakfast cereal
- Try a chicken and vegetable stir-fry in the evening
- Bring some fruit to work with you each day – it can be handy to boost energy levels and combat the mid-afternoon slump.

Reduce your fat and sugar intake. Choose low fat dairy products, diet drinks, avoid adding oil or frying foods and try to keep sweets, biscuits and cakes to occasional treats rather than 'every-day foods'.

Drink plenty of water throughout the day (at least 8 cups) and keep alcohol intake within the recommended limits each week (up to 21 units for men or 14 for women)

