

# GUIDE TO HEALTHY EATING

Good nutrition combined with physical activity are important for leading a healthy, happy life and achieving weight loss goals. Set yourself up for success by focusing on your plate. Start by considering the following:



## DRINK LOTS OF WATER

It helps flush our system of waste products and toxins, yet many people go through life dehydrated - causing tiredness, low energy, and headaches. It's common to **mistake thirst for hunger**, so staying well hydrated will also help you make healthier food choices.

*Aim for 8-10 glasses of fluid per day, and more if you exercise.*



## BE FOOD SMART

Complex carbohydrates, fibre and lean protein are slowly digested and are therefore essential for **keeping us feeling fuller for longer**. Unsaturated fats, when eaten in moderation, are also an important part of a healthy diet.

*Fill your diet with wholegrains, fruit and vegetables, lean protein (chicken, fish, eggs), olive oil, nuts and oily fish.*



## TIME IT, PORTION IT

Proper timing of meals and snacks keeps our **metabolism firing**. Sticking to the correct portion size at each meal also helps keeps our weight in check.

*Have a balanced breakfast, then eat a small, healthy snack or meal every 3- 4 hours. Stick to a palm of carbohydrates, a fist of protein and a thumb of fats.*

**Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep can affect our hunger hormones and therefore getting a good night's rest can make all the difference when it comes to battling cravings and achieving our weight loss goals. Try to get 7-8 hours sleep most nights.