

Always have a healthy breakfast, lunch and dinner. Eating breakfast kick-starts your metabolism and consuming food at regular intervals maintains this throughout the day. Skipping meals decreases your metabolism.



## EAT REGULARLY



## DRINK SENSIBLY

If you drink alcohol, drink sensibly. Women should not exceed 2-3 units per day and men should not exceed 3-4 units per day. Remember though that all alcoholic drinks are high in calories and contain very little nutrition.



## MOVE MORE

Regular physical activity/exercise burns calories. Increasing your muscle mass also increases your metabolism. Therefore combine cardiovascular exercises (e.g. jogging, walking, cycling, swimming) with resistance exercises (e.g. lifting weights or doing body weight exercises such as squats, press-ups, sit-ups, lunges). If you have medical conditions to take into account speak to a doctor or fitness professional before commencing exercise.



## THINK ABOUT PORTION SIZE

Use a 9" plate at meal times. Vegetables should cover half your plate, carbohydrates such as potatoes, rice or pasta should cover a quarter and lean meat or fish should cover the final quarter.



## EAT A VARIETY OF FOODS

This is to ensure that you receive all the nutrients your body needs e.g. vitamins, minerals, energy, protein, calcium, fluids etc.



## REDUCE YOUR SUGARS

Reduce your sugars in your diet. Drink sugar free drinks; watch out for hidden sugars in cereals, biscuits, cakes etc.



## COMPARE YOUR FOOD LABELS

Look for food products lower in fat, sugar and salt.



## LISTEN TO YOUR BODY

When your tummy feels full stop eating, even if you have food left. Also don't wait until you are starving before having something to eat.



## DRINK MORE WATER

Drink more water or other drinks that do not contain sugar, caffeine or alcohol.



## REDUCE YOUR FATS INTAKE

Reduce your total fats intake, especially saturated fat from animal fats. Have more fish, especially oily fish such as mackerel, salmon, trout, sardines etc, as these contain good fats.