



10 WAYS TO EAT BETTER EVERY DAY

Finding it difficult to keep up a healthy diet? Try these 10 easy-to-remember hacks to help make consistent healthy eating achievable and fun!

As anyone who's ever tried a diet knows, even the strictest of them won't do any good if you crack after a month and binge-eat everything you feel you missed out on. A more balanced way to eat healthier is to focus on your overall patterns of eating, rather than to demonise and cut out entire foods or food groups.

Known as 'the total diet approach', this idea teaches that all foods can fit into a balanced meal plan if eaten in moderation. Of course, sticking to healthy portion sizes and getting enough physical activity each day are fundamental to the success of this approach. Here are some simple ways to improve your overall eating patterns.



TIPS TO TAKE UP A 'TOTAL DIET APPROACH'

1. Mix it up

According to dietary guidelines, one of the best ways to achieve nutritional balance is to enjoy a variety of foods. Each basic food group (dairy, grains, fats, protein, vegetables and fruit) supplies different nutrients which are essential for the normal and healthy functioning of our bodies.

2. Bite down on breakfast

No, coffee alone doesn't count! Kick-starting your day with a healthy breakfast (like eggs, mushrooms and tomatoes, or oats with fresh fruit and dairy) will give you the energy to get going. Research shows that eating breakfast every morning can help you control your weight as it can keep blood sugar levels stable and ward off cravings.

3. Chew on a rainbow

Veggies and fruit are filled with vitamins, minerals, antioxidants and fibre, so eating your five-a-day helps make sure you meet your nutritional needs. Try choosing ones from each of the five vegetable sub-groups:

- Dark leafy greens (like spinach, turnip greens, kale, beetroot greens, green herbs and romaine lettuce)
- Orange vegetables (carrots, sweet potatoes, butternut, pumpkin, etc.)
- Legumes (beans, lentils, chickpeas and split peas)
- Starchy vegetables (mealies and potatoes)
- Other vegetables (tomatoes, cabbage, celery, cucumber, lettuce, onions and peppers).



TIPS TO TAKE UP A ‘TOTAL DIET APPROACH’ (CONTINUED)

4. Portion control

Stick to recommended serving sizes. Using smaller plates, bowls and glasses can help keep your portions under control. Remember to drink water and eat slowly so you don’t go back for seconds before you realise you’re actually full.

5. Move more

Enough regular exercise can help you maintain a healthy weight. Physical activity is also key to staying healthy because it lowers blood pressure and helps to relieve stress and anxiety. Aim for at least 30 minutes of moderate to high intensity exercise most days of the week.

6. Pack snacks

Healthy snacks can keep your energy levels up between meals and prevent overindulging in the wrong types of food. Try a handful of unsalted nuts, a piece of fresh fruit with plain yoghurt, or a glass of milk. Find more fresh ideas and healthy food hacks [here](#).

7. Avoid fats

Knowing which types of fats should be avoided, and how much sodium or sugar per serving is too much, can help you buy and prepare healthier meals. A dietitian can help you read and understand food labels so you can make smarter choices quickly when you shop for groceries.

8. Brush up on food hygiene

To lower the risk of getting a foodborne illness, always remember to wash your hands properly before preparing and eating food. Make sure your food is properly cooked and refrigerate foods at a suitable temperature to slow bacteria growth.

9. Home bakes

Cooking and eating at home means you know exactly what goes into your food. This way, you can avoid unintentionally consuming too much sugar, salt and unhealthy fats. Plus, research shows that family meals promote healthier eating. So set the table, look away from your screens, and tune into each other.

