



## ASSESS YOUR EATING HABITS

In the last issue of *Bounce*, you rated your intake of good food versus empty calories. Now work out whether the food you put on your plate is making you healthier.

- ▶ **1.** You eat veggies or salad with at least one meal a day.
- ▶ **2.** If you're a meat-eater, you trim the fat off steaks and chops and remove chicken skin.
- ▶ **3.** You steer clear of fried food, opting to grill, poach, boil, bake or microwave your meals.
- ▶ **4.** You taste your food before adding salt.
- ▶ **5.** You have at least two alcohol-free days a week.
- ▶ **6.** You eat a variety of different food every day.
- ▶ **7.** When you have to rely on take-aways, you choose a bunless burger, a chicken salad or a veggie wrap.
- ▶ **8.** You always have breakfast, even if it's just a banana on the run.
- ▶ **9.** Refined carbohydrates, such as white bread, white rice and sweetened cereals are no longer on your radar.
- ▶ **10.** A packed lunch for work has become a habit.
- ▶ **11.** When there's a celebration, you don't deny yourself a slice of cake but you stick to just one.
- ▶ **12.** You never skip meals.
- ▶ **13.** You eat because you're hungry, not because you're bored, lonely, stressed or tired.
- ▶ **14.** You monitor your portions – no more mega plates for you!
- ▶ **15.** You no longer buy processed meats, store-made pies or samosas.

## TICK THE BLOCK THAT BEST APPLIES TO EACH STATEMENT FROM THE OPPOSITE PAGE

	ALWAYS	SOMETIMES	RARELY	NEVER
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Score yourself

Number of 'always' answers x 4 = \_\_\_\_\_

Number of 'sometimes' answers x 3 = \_\_\_\_\_

Number of 'rarely' answers x 2 = \_\_\_\_\_

Number of 'never' answers x 1 = \_\_\_\_\_

**Your final total =** \_\_\_\_\_



### If you scored

**46 – 60:**

Congratulations! You're a healthy eater! Your diet is low in saturated fat, salt and sugar, and high in fibre, fruit and vegetables. This helps keep your heart healthy and protect against certain cancers. Remember, aim to eat two portions of fish a week, including one oily fish high in omega-3, such as salmon, trout, or mackerel. If you're a vegetarian, remember to get enough protein from nuts, seeds, beans, pulses, eggs, milk and soya.

### If you scored 16 – 29:

Oops! You need to improve your relationship with food. Your diet is high in fat, salt and sugar and low in fibre, wholegrains, fruit and veggies. This means you could be prone to obesity, heart disease and cancer. Start each day with a nutritious breakfast, give up second helpings and use non-stick pans if you choose to fry your food. Experiment with herbs, vinegars, mustards, or lemon instead of fatty sauces.

### If you scored 30 – 45:

Try making small changes to your diet. To start with, make a point of eating five portions of fruit and veggies a day – even if you commit to doing it only for a month. Once you see how easy it is, you might start enjoying it. (Dried fruit makes a great mid-morning snack and adding veggies to stews and casseroles is easy.) Remember, wholegrain cereals are a great source of fibre. Also, minimise your intake of processed meats such as pies and sausages, which are high in saturated fat.

### If you scored 0 – 15:

Perhaps you need to chat to your doctor about ways to improve your diet. One of the first steps towards conquering bad eating habits is paying attention to what you're eating and drinking. Read food labels, become familiar with ingredients, and start noticing everything you put into your mouth. Once you become more aware of what you're eating, you'll start to realise how you need to improve your diet. You might even benefit by keeping a food diary.

## IMPROVE YOUR FOOD RELATIONSHIP!

- ▶ Get eight hours of sleep each night, as fatigue can lead to overeating.
- ▶ Eat your meals seated at a table, without distractions.
- ▶ Enjoy more meals with your partner or family.
- ▶ Teach yourself to eat when you're really hungry and to stop when you're comfortably full.