

- ✓ **Stay hydrated**  
Water aids digestion and bowel function so drink plenty of it; avoid high intake of soft drinks, cordial, caffeine and fruit juices.
- ✓ **Don't skip breakfast, & eat small, regular meals**  
Regularity of meals is important to help with blood glucose control and energy levels.
- ✓ **Cook vegetables in a variety of ways**  
Don't limit yourself to boiling or steaming; try grilling, roasting, stir frying or marinating.
- ✓ **Incorporate a meat-free meal into your week**  
Reduce saturated fats in your meals by trying dishes based on legumes, beans, tofu or eggs.
- ✓ **Don't let snacks be your downfall**  
Choose healthy snacks to keep you full and curb cravings, such as fruit, raw nuts, low fat yogurt, veggie sticks or rice crackers and dip, or air-popped popcorn.
- ✓ **Eat a fibrous diet**  
Eating high fibre foods such as wholegrains, fruit, vegetables, nuts and beans can lower your risk of heart disease, stroke and diabetes, and has shown to be helpful in weight loss. Bulk out meals with fibre to get fullness while keeping calories low.
- ✓ **Make dinner a mindful meal**  
Avoid distractions (switch off the TV, put away your work and mobile phone), sit down to eat, eat with company when possible and eat slowly. Consider your hunger-fullness level and how the food makes you feel – let this guide what and how much you eat.
- ✓ **Be smart when dining out**  
When ordering at a restaurant look for words like: grilled, pan fried, steamed, boiled, poached, baked or roasted. Avoid words like: deep fried, sauteed, crispy, stuffed, fried (au gratin). If possible opt for an entrée size, and get a side salad or vegetables.
- ✓ **Don't overdo it on the alcohol**  
Alcohol increases hunger and dehydrates you. Drink in moderation: 1 standard drink per day for women and 2 for men, with 2 alcohol-free days a week.
- ✓ **Decrease take-away and packaged foods**  
These foods are often high in sugar, salt, fat preservatives, artificial colours and flavours and stabilising ingredients. Opt for these on special occasions and in small amounts.