



Healthy Foundations

Day-to-day habits to build a healthy life

Eating Behaviour

Think about why you are eating - are you hungry? Are you craving food? Are you eating because you are emotional - angry, tired, bored, upset, frustrated?

Eat sitting down, at the table, with minimal distractions. Use a knife and fork.

Eat mindfully - focus on the flavours, taste, textures, and temperatures of your food.

Eat slowly, chew your food thoroughly

Make a time in the evening that you do not eat after - e.g. 8pm.

Healthy Foods

Drink plenty of water, avoid juice, soft drinks

Include protein at breakfast - not just carbs

Make vegetables/salads the basis for lunch and dinner - aim for half a plate

Ensure each meal has protein, carbs, and some healthy fats

Try to use unprocessed foods as much as possible. Limit foods that come in a packet.

Eat 3 main meals per day. Snack 1-2 times per day - don't graze.

Non-food for thought

Keep a food diary and write down what you ate, when, and how hungry you were before and after

Record your emotions when you eat

If you use food to cope with emotions (boredom, stress etc), find other things that can help with these emotions and do them instead (e.g. go for a quick walk, drink water, star-gaze, play music)

Exercise does not have to be at the gym. Walking, dancing, cleaning, home based exercise all counts.

2 minutes of exercise every hour is better than none! Build up over time.

Tips and Tricks

Shop the perimeter of the supermarket - fruits and vegetables, fresh meat, dairy.

Always use a shopping list and stick to it

Don't shop when you are hungry

Cook healthy meals in bulk and save leftovers for busy days/lunch.

Have a few go-to recipes that are super quick and easy, healthy, and suitable for everyone to eat.

Make simple changes that you can stick to, healthy eating does not have to be complicated.

Goals
