



It's a New Year, new beginnings!

Here are some tips to start you on your way or to help you to get back on track after the festive season.

- Always eat a breakfast. Having a breakfast can help people control their weight & help you avoid getting too hungry and snacking later on.
- Eat with smaller plates and bowls
- Aim for two portions of vegetable on your plate at your main meal. This helps to cover your plate with low-calorie filling food, leaving less room for higher calorie ingredients.
- Eat slowly. It takes 20 minutes for your stomach to tell your brain you're full. When you eat fast, it's easy to overeat
- Turn off the TV. Eating in front of the TV can mean you eat more without noticing or enjoying your food.
- Weigh your food. Use kitchen scales to weigh your ingredients before you cook. This will help you stick to the suggested serving sizes. Revisit the 'Controlling your portions' leaflet from the PHEW programme.
- Drink water; add a lemon, lime or sprig of mint for calorie free flavour!
- Set goals – remember your SMART goals from PHEW
- Before you eat, stop and think, ask yourself if you're really hungry
- Remember the food pyramid – our guide to healthy eating and a balanced diet
- Don't store junk food, such as chocolate and crisps, at home. Stock up on healthier and lower calorie food instead for when hunger strikes
- Never shop hungry. Prepare a shopping list and stick to it
- Remember the exercise! Choose some form of exercise that you enjoy. Avoid sitting for more than 20 minutes at a time – get up and move, get a glass of water, climb the stairs, do a couple of jumping jacks! Evidence shows that people who combine regular exercise with calorie-counting are more successful at losing weight and keeping it off.