

HEALTHY EATING TIPS

- **Drink two litres of water daily - split this across 6 -8 x 250ml glasses**
- Fill up with lots of dark green leafy, or root vegetables first eg. Broccoli, Cauliflower, Spinach, Green beans , cabbage, Brussel Sprouts, Peas, Bell Peppers, Courgettes, Aubergines, Watercress, Onions, Carrots, Butternut Squash & Sweet Potatoes are all good options
- **Minimise your consumption of refined carbohydrates such as white bread, white rice & white pasta**
- Instead include Beans, Lentils, Quinoa and Wholegrains (Brown rice, Oats, Rye and Wholegrain bread)
- **Each day eat at least 2 servings of fresh fruit such as Apples, Berries, Pears or Citrus fruits**
- Avoid sugary drinks eg, orange juice, natural or concentrated fruit juices and adding sugar to drinks
- **Avoid sugar, sweets, cakes, desserts and pastries**
- Avoid deep fried, burnt food and hydrogenated fat as well as excess animal fats
- **Minimise your consumption of processed meats - sausages, ham, deli meats and smoked meats as well as party foods with chemical additives**
- Try and limit your alcohol intake to one drink per week - Alcohol has 7 calories per gram!