

Tips for healthy eating

START

each meal feeling empty but not 'starved'. If you are too hungry, you will want to eat larger portions. Don't miss breakfast or lunch only to find you are ravenous by dinner time.

KNOW

the difference between 'stomach hunger'—when your stomach is empty and ready for food—and 'mouth hunger'—when you just want something to munch.



TRY

to choose low-fat snacks such as dried fruit, carrot sticks, plain popcorn or breadsticks.

DON'T

create 'forbidden' foods—if you can't live without chocolate, don't try to! Start by halving the quantity you used to have, buy a smaller children's bar instead or try a low-fat version.

DON'T

shop for food while you are hungry. Plan your shopping, this will reduce impulse buying of unhealthy snacks.

CHOOSE

low-fat options and check food labels.

WAIT

for 20 minutes after finishing your main meal before thinking about seconds or dessert. It takes 20 minutes for your brain to register that your stomach is full.

DISCOVER

new food—don't be afraid to experiment with low-fat alternatives.



And of course...

Drink plenty of water—this is vital for good health and also adds bulk to your food.

It's particularly important to drink lots if you have a lot of fibre in your diet.

For more healthy eating tips, visit www.cholesteroltest.com.au