

Moving towards a healthier diet

Here are some tips to start you off:

Present diet

- Chips most days
- Fried food most days
- Few vegetables & little fruit most days
- Ready-prepared meals & chain burgers most days
- Cakes/biscuits/pastry /chocolates most days
- Large quantities of food most days
- Lots of salt & sugar
- Many units alcohol a day

Better diet

- Don't cut out chips! Have them 1-2 times a week
- Don't cut them out! Have them 1-2 times a week
- 5 pieces of fruit and veg a day
- Don't cut them out! Have them 1-2 times a week but cook **fresh and quick** food the rest of the week
- Don't cut them out! Have them 1-2 times a week
- Reduce quantities, have large amounts on special occasions
- Reduce sugar & don't add salt
- 1-2 units a day, occasionally more