



HEALTHIER YOU
PTY LTD

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Top 5 Tips to get back on track for 2014

1. Set a realistic goal and record a food diary.
 - a. 5% weight loss in the year has a 20-25% improvement in your health
2. Eat small regular meals
 - a. Eat breakfast every day.
 - b. Add more fruit (2/day) and vegetables (5/day) to your diet
 - c. Cut down on the size of the meal at night
3. Choose appropriate snacks
 - a. Choose low fat dairy options
 - b. Remember nuts, chick peas and broad beans are filling snacks
 - c. Eat less high energy treats
 - i. Remember a 30gr piece of chocolate = 36mins walking
4. Choose healthy drinks.
 - a. Drink more water
 - b. Drink less alcohol
 - i. Start having Alcohol Free Days or Mineral Water days
 - ii. Cut you intake in ½
 - c. Limit coffee/tea to 4-5 cups/day
5. Do some type of regular exercise
 - a. It burns calories and makes you feel better
 - b. Start with a simple activity and build it up
 - i. 30mins/day is ideal

Get the right help from your Doctor or an Accredited Practising Dietitian.

