




WEIGH TO GO


**Top ten tips
for eating well**

Top ten tips for eating well


Healthy eating can be simple too.
Just follow our top ten tips to get started.




Swap full sugar fizzy drinks and energy drinks that are high in calories for “diet” or “sugar free” drinks. Ideally drink water or milk.



Swap large deep pan pizza for smaller **thin base** pizza. Avoid triple cheese and meat pizzas and choose **vegetable toppings**.




Swap whole/full fat milk to semi skimmed or skimmed milk.




Swap pilau and fried rice for boiled rice. Choose wholegrain options such as brown rice or pasta.






Avoid thin-cut chips, jumbo sausage, and pies such as cheese and onion or steak and kidney. Instead choose **fish** coated in **breadcrumbs**, **mushy peas** and **thicker-cut** chips.



Try to cut down on the number of crisps, chocolate and sweets you eat. Aim for **1 treat** or less **per day**. This will help save you money too.




Swap large bars of chocolate for **smaller** snack size versions.



Swap a bag of crisps for **oven-baked crisps** which contain up to 70% less fat than regular crisps.



Cut down on your portion sizes by using a **smaller plate** or asking for less. **Eat slower** as this will give your body time to recognise when you are feeling full.



If you are over 18 don't forget that alcohol is also high in calories, so **cutting down** could help you to control your weight.





For more information

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