

Five tips for better eating habits

Boost your mood and energy levels with this expert advice from Kate Platts, Associate Registered Nutritionist (ANutr).



Making changes to your eating behaviour is hard, but achievable. Here are my top tips:

- 1 Start with small, manageable changes**
Don't focus on what you need to cut out of your diet; rather think about adding in more of the healthy items, like fruit, vegetables, wholegrains and lean proteins.
- 2 Think about food accessibility and opportunity**
We tend to eat what's easily available and accessible, so make sure your fridge is stocked with healthy options so that when you do reach for a snack, the healthier choice is the easy one.
- 3 Know yourself!**
If there are times when you know you're likely to binge on unhealthy foods, such as in front of the TV or during the post-lunch slump, make sure you have healthy and filling options available to substitute with, such as bananas, unsalted nuts or Greek yoghurt.
- 4 Plan your meals ahead of time**
Even a rough idea can help you make healthier choices throughout the week and reduce the temptation of convenience and fast foods.
- 5 Consistency is key**
Find what works for you and build on small wins to achieve long-term success!



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Eating behaviours are often ingrained since childhood and make it difficult to stick to any sudden or drastic diet alterations. Building on small changes over long periods is always the best way to change your habits around food.

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