

Food and Activity Diary



Can help us see:

- Where things are working well
- Where they're not working so well and where we might need to make a change

Eatwell Guide



- Aim to eat a healthy, balanced diet most of the time.
- Eat a variety of foods from the different food groups

Sit Less and Move More



- Being regularly active is good for our physical and mental health
- Can help to manage our weight.

Eat Regular Meals



Can help:

- Stop us feeling hungry
- Reduce the chances of us eating high fat or high sugar foods (due to being hungry)
- Make sure that we eat a well balanced diet

Weigh Yourself Regularly



- Weighing ourselves once a week is a good idea.
- We should take action as soon as possible if we notice our weight starting to creep up.

Plan Ahead



Planning goals, meals or food lists can help:

- Keep us on track and reach our goals
- Be better prepared
- Save time and money

Energy Balance



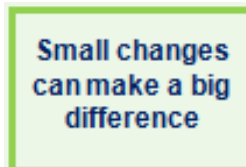
Eating or drinking slightly less or making healthier choices, and / or doing slightly more can help us to lose weight over time.

Enjoy Your Food and Drink



Taking time to notice and enjoy what we eat can help us to eat less.

Small Changes Can Make a Big Difference



Making small changes can help you to lose weight for the long-term.