

GOOD NUTRITION & EXERCISE

Healthy eating is about eating on a regular basis and choosing foods that are rich in nutrition and fibre and are low in calorie density, salt and refined carbohydrates. Another key is to make this diet consistent. Follow these tips to have a healthy diet.

Eat on a regular basis

Have several small meals a day rather than only one large meal late in the day.

Drink plenty of water

You know that you don't need to buy bottled water in most countries... certainly not in most of Australia, UK and Europe. You can begin the habit of drinking water easily - it is free. AND you can get your children to drink more water as well.

Alcohol

Try to limit alcohol to no more than two standard drinks per day.

Have less take-away food

There is certainly something delicious about fried and salty food. We are not alone: small laboratory animals will eat salty fatty food over grain pellets. But we know this makes life difficult - we gain weight; our children gain weight.

How much fatty food did you eat in the 24 hours?

What about your children?

Can you make an Action Plan to cut out ONE of these meals - start small and find one cheap alternative to fatty takeaway food.

Exercise

Pair your healthy diet with regular exercise. Here are questions to ask yourself and then make an action plan.

Have you ever done a sport when you were young?

Can you take it up again?

Can you make time to walk or ride a bike?

Have you downloaded a heart rate app for your phone? Maybe that will help you get motivated.

NUTRITION

Having food in the cupboard makes life simpler - you can pull together a meal for hungry children without having to rush to the shops. Try some of the following:

Eat before you shop

Don't go shopping when you are hungry- you are more likely to buy things you don't really need.

Shop on a weekly or fortnightly basis

Doing a large shop at a supermarket, rather than getting just a few items from the local convenience store, will help you to save a huge amount of money.

Work out a budget

Work out how much you usually spend and how much you can afford to spend on groceries each week or fortnight then set this figure as your shopping budget.

Plan a couple of meals

If you take the time to sit down and plan what dinner-time meals you want to have for the following week or two it is then easier to figure out what you will need to buy at the supermarket. Remember, be realistic - you will need to include some easy meals for when you are busy and/or don't feel like cooking (like pizza or nachos) and some takeaways.

Write a Shopping List

Based on your meal plan and what you have in your cupboard write a shopping list - include standard items that you may need to buy (e.g., tea, coffee, sugar etc) and any treats you are probably going to want (e.g., chips, biscuits etc). Also, break your shopping list up into necessary and non-necessary items - this makes it easier to decide what can go and what should stay in your trolley if you are getting close to your budget.

Stick to your shopping list

Avoid impulse buying, overspending and blowing your budget by sticking to your shopping list.

Buy no-name brands

Where possible substitute no-name brand items for the more popular brands (e.g., flour, tinned tomatoes, tomato paste etc). These are usually cheaper and are usually just as good.