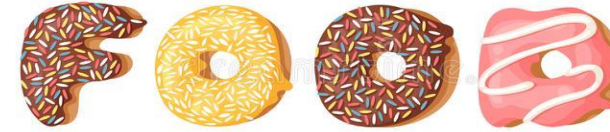


Taking Charge of



MASTER MENU PLANNING

Plan your meals for the week. Include a protein (meat/fish/chicken/eggs/legumes) and vary the carbohydrate (rice/pasta/potato), fruit and veg options

You can use a spreadsheet for your planning

Try to alternate your protein choice during the week and add different combinations of carbohydrates and veg.

Include some quick and easy meals in your planning

SHOP SMART

Draw up your shopping list from your menu plan

Read labels to make better choices

Keep stock of certain basic food items at home and top up with fresh produce

AVOID BOREDOM EATING

Try to stick to your menu plan and have regular, satisfying meals

Stay hydrated. First have a glass of water when you feel tempted to snack, you may just be thirsty.

Avoid mindless snacking in front of the TV. Be aware of what and how much you're eating and enjoy your meals

R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians