

Nourishing your body

- ▶ Healthy eating is about eating different foods that give you more energy, help you feel great and help you get to your goals. Sometimes your medicines or your health condition(s) means you can't have certain foods or drinks. Ask your doctor or nurse for information about this.

Healthy eating tips

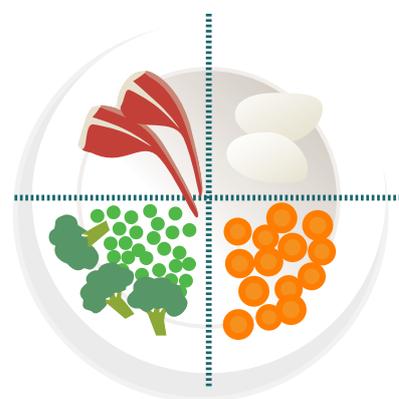
Choose and/or prepare foods:

- with unsaturated fats instead of saturated fats
- that are low in salt (sodium); use herbs or spices instead
- with little or no added sugar
- that are mostly 'whole' or less processed.

For a healthy evening meal, picture your plate divided into four:

- one serving of protein (eg. meat, egg, legumes, fish, tofu)
- one serving pasta/rice/potato and
- two servings of non-starchy vegetables/greens.

Tip: food that will cover your palm is usually one serving



Most of us eat more than we actually need:

- reducing your portion size is a good way to start
- slow down, take your time and notice what you eat
- it takes 30 minutes for your stomach to tell your brain that you are full
- avoid emotional eating.

Water is best – cut back on sugary drinks and alcohol.

i For more tips, recipes, resources and apps go to www.hn.org.nz

Search for healthy eating or nutrition apps.

Use the 'Food diary' on page 42 to help you understand how much you are eating and identify what changes you could make.

Use the 'My Plan' sheet on page 14 to help you make gradual changes to what you eat and drink. Remember it really helps to have the support of those around you when you are making changes. Involve your whole family or the people you live with – they will benefit from healthy eating too.

Not sure?
Talk to your
healthcare
team!

My food diary

To keep track of my eating

Day

Meal	Type of food and drinks	Amount	How did I prepare/cook it?
Breakfast			
Morning Snack			
Lunch			
Afternoon Snack			
Dinner			
Evening Snack			

Day

Breakfast			
Morning Snack			
Lunch			
Afternoon Snack			
Dinner			
Evening Snack			



My Plan

My goal and action plan

My goal: One thing I am going to work on:

Why do I want to do this?

How will this help?

What could I do to achieve this: *Make a list, choose one thing you could do.*

What will I do:

How much or how often will I do this:

When will I do this:

Who can help me:

How confident am I that I can do this: 😞 1 2 3 4 5 6 7 8 9 10 😊

Other things I will do to help and ask my healthcare team about:

Things I am not ready to do yet: