

Nutrition Top Tips

PREPARE FOODS/SNACKS

Take time to prepare healthy snacks which can be eaten easily and quickly with little preparation. Often, we go for the quickest and easiest foods but these options are not always the healthiest ones. Taking time to prepare nutritious foods can help us to eat healthier.

AVOID GETTING REALLY HUNGRY

When we allow ourselves to become very hungry, we are more likely to eat the first thing we see, which isn't always the healthiest option. Try keeping healthy snacks like an apple or nuts in your bag for those times when you start to feel hungry.

DRINK MORE WATER

Often, we feel hungry when we are actually thirsty. Make sure you always have a water bottle with you and keep hydrated. If you don't like drinking water, try adding lemon or cucumber to your water for some healthy flavouring.

MINIMISE REFINED SUGARS

We all know that sugar is not very good for our bodies. Try minimising your sugar intake by being more aware of what you are eating. Where possible, choose natural and non-processed foods.

HAVE A BALANCE

It's important to enjoy your food. Try not to put strict rules or restrictions on yourself. Always have fun with your food and enjoy what you eat. Remember to have a healthy balance so your body receives the important nutrients it needs to feel and work well.