

MAINTAIN HEALTHY DIET

As well as regular exercise, healthy eating is also very important.

Makes up a healthy diet:

- Replace saturated fat with polyunsaturated fat where possible.
- Eat at least five portions of fruit and vegetables per day.
- Eat at least two servings of fish per week.
- Consider regularly eating whole grains and nuts.
- Keep the amount of salt in your diet to less than 6 g per day.
- Limit alcohol intake to less than 14 units per week for men and less than 14 units per week for women.

Avoid or reduce the following in your diet:

- Processed meats or commercially produced foods (including 'ready meals') which tend to be high in salt and trans fatty acids.
- Refined carbohydrates, such as white bread and processed cereals.
- Sugar-sweetened drinks.
- High-calorie but nutritionally poor snacks, such as sweets, cakes and crisps.

Eat breakfast, and eat smaller meals throughout the day: A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals keeps your energy up all day.

Avoid eating late at night: Try to eat dinner earlier and fast for 14-16 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.