# Melissa things to work on Food Consumption Doc

* Only have one cookie when on train
* Recommended to only have cookies in the afternoon
* Don’t consume to much bread in one day because it breaks down to sugar if not used, try pasta or potatoes
* Cut down on the chips and hash browns in your breakfasts
* Watch the amount of tea you have in the morning, this may lead to bloated feelings
* Only consume half the pouch of uncle bens rice a day
* You may have a sausage/bacon bap every now and then, not everyday
* You can have sweet water once in an while
* Stop eating McDonalds and chocolate as an alternative for dinner
* Don’t have toast and crumpets in the morning
* Current subways are actually okay just don’t have to often
* You can have drench, much better than coke
* If you have a baguette try not to have cookies as well
* Crisps are fine just check the contents
* Try to have granola bars or fruit for breakfast rather than cookies and nothing at all
* Don’t have anything related to dairy when you have a hangover, this is due to your drink curdling in your stomach and making you feel sick
* Coke zero is worse than normal coke.
* Cut down on the Maryland cookie consumption
* Cookies/muffins and chocolate can be the equivalent to a whole meal worth of calories so stay away