

## Practical tips for starting and sustaining healthy eating

Depending on your personal preference, culture, lifestyle and health condition, adopting a healthy eating plan can be a daunting task. However, it is better to take it one step at a time. It involves paying close attention to the foods that you buy, prepare, serve, and consume

### **Meal planning**

Always start out with the intention to eat a healthy meal most of the time within the week. Here are simple tips to achieve this:

- Make a menu at the end of the week or at your spare time. For instance, Friday night is a good time if you have time to shop on Saturday.
- Take time to assess the recipes of each meal. Do this with the intention of swapping unhealthy choices with healthier options where feasible. For instance, swap palm oil with olive oil where possible
- Develop your shopping list based on the recipes
- Shop according to your budget. Do your shopping when you have time. Quick and speedy shopping may lead to making hasty unhealthy choices
- Prepare meals and store them away in the refrigerator
- Avoid waste by repeating ingredients and meals within the week
- Get rid of sugary drinks in the fridge

### **Food tracking**

It is important to take note of everything that is eaten or drank. It is important to take note of the main ingredients of the food as well eaten. It is also important to pay close attention to the place and time where the food was eaten. Paying close attention to the activity that was ongoing when food was eaten as well as the feeling associated with the food.

A food journal or diary is a useful tool for tracking and recording food and drinks consumed during the day. This gives an idea on foods that cause a spike in blood sugar or stall weight loss. It also guides changes in medication doses to achieve optimal blood sugar control.