

The best ways to maintain a healthy weight

There are heaps of things we can do to get to a healthy weight and, just as importantly, stay there. How about starting off with these simple ideas:

- make [healthy living](#) a priority for yourself and your family
- choose to [eat good, healthy food](#)
- think ‘[2 fruit and 5 vegies \(opens in a new window\)](#)’ every day
- [drink water](#) instead of sugary drinks
- shop to be healthy – and [help your budget](#) too
- change to [healthy recipes](#) that are quick to make and delicious too
- [be active](#) for at least 30 minutes every day
- [sit less and move more](#)
- [limit alcohol intake](#)
- make [healthier choices when eating out](#)
- eat breakfast everyday
- [swap big serves for smaller ones](#)
- go for healthy snacks.

Tips for breakfast

- Aim to have breakfast everyday as it’s proven to help keep us at a healthier weight
- get up 15 minutes earlier to make time for a healthy breakfast, or prepare some of it the night before
- a healthy, filling breakfast will help prevent hunger pangs before lunch.

Try one of these tasty breakfast options:

- Porridge with low-fat milk and top with kiwi fruit
- Wholegrain toast with a poached egg and grilled tomato
- Fruit smoothie made with low-fat milk, banana and yoghurt.

Tips for lunch

- have a balanced lunch to keep you going during the day
- include [one to two serves \(opens in a new window\)](#) of vegetables at lunch time
- pack lunch at home for a healthier alternative to buying your lunch. It will save you money too!

Try one of these delicious lunch ideas:

- wholegrain sandwich with low-fat cheese and lots of salad
- wholegrain wrap with grilled vegies and lean chicken
- salad with three-bean mix and corn kernels.

Tips for dinner

- go for vegetables galore and aim for [three to four serves of vegies \(opens in a new window\)](#) at dinner
- divide your dinner plate as follows:
 - vegetables or salad should fill up at least half your plate at dinnertime, so pile them on!
 - then fill one quarter of your plate from the protein choice such as lean meat, chicken, fish, eggs, legumes, nuts and seeds
 - the remaining quarter is for carbohydrates such as bread, brown rice, pasta or noodles
- check that serve sizes of protein and carbohydrates are within the recommended daily guidelines
- try baking, steaming or grilling your meat or vegetables instead of frying
- cook meals at home more often and limit takeaways to once a week – it will help your budget as well
- try whipping up one of the following for dinner:
 - tuna and vegie pasta bake with low-fat cheese
 - chicken and vegetable stir fry with noodles or rice
 - barbecue marinated lean meat kebabs and serve with a colourful salad.

Tips for snacks

For a quick, easy and healthy snack try one of these options:

- fruit is nature's snack! Pack a piece of in-season fruit in your bag to have during the day
- a small handful of nuts makes a fantastic snack and contains healthy [fats](#). Make sure they are unsalted, and even add a small amount of dried fruit for extra flavour
- low-fat yoghurt is a healthy and filling option. Buying 1 kg tubs and dividing into five, 200g portions is cheaper than buying yoghurt in portion packs.

Tips for being active

Tips for [being active](#) for 30 minutes a day

- take the dog for a walk
- meet a friend for a walk or a bike ride
- park the car and walk the rest of the way
- take the stairs instead of a lift or escalator
- get off the bus a stop early and walk the rest of the way
- join a local sport, recreation or fitness club
- when at work go for a walk at lunchtime.

