

# NEW YEARS PLEDGE

These new year's take our healthy eating pledge to make "**Small Steps to Big Changes**".

Use the list below, start with just a few, then try a few more and you'll be building the foundation for long-term positive change.

1. Start your morning with a glass of water before tea or coffee.
2. Start your day with a high-fibre breakfast like porridge or wholegrain cereal.
3. Add one extra serving of vegetables to your lunch or dinner each day.
4. Replace processed snacks with fresh fruit or a handful of nuts.
5. Opt for wholegrain versions of bread, pasta, or rice when shopping.
6. Include a protein-rich snack, like boiled eggs or Greek yoghurt, to keep energy levels stable.
7. Try a "Meat-Free Monday" meal each week to explore plant-based options.
8. Batch cook one healthy dish on the weekend for easy weekday meals.
9. Cut back on sugary drinks by swapping them for herbal teas or infused water.
10. Carry a reusable water bottle and aim to drink at least 1.5 litres of water daily.
11. Use smaller plates to help control portion sizes at meals.
12. Aim to eat at least three different coloured vegetables daily for variety and nutrition.
13. Include omega-3-rich foods like salmon, walnuts, or flaxseeds in your diet.
14. Avoid eating while distracted; take time to enjoy meals mindfully.
15. Experiment with one new, healthy recipe each month to expand your repertoire.
16. Keep healthy snacks like carrot sticks, hummus, or plain popcorn handy for busy days.
17. Use herbs and spices instead of salt to flavour your meals.
18. Reduce food waste by planning meals that creatively use leftovers.
19. Aim to eat dinner earlier to allow time for digestion before bedtime.
20. Take the stairs instead of the lift whenever possible to increase activity.