



Take 10 with our 10 week challenge

- 1. Start a food diary.**

This will help you see what you're eating and drinking, and where any problem areas are.
- 2. Eat breakfast every day.**

Breakfast eaters are more likely to maintain a healthy weight and less likely to re-gain lost weight. And breakfast improves alertness, concentration, mental performance and memory.
- 3. Choose lower fat versions of three foods you regularly eat.**

Lower fat versions will reduce your kilojoule (calorie) intake enough to shed some kilos. Look at the nutrition labels of two similar products and choose the one with the lowest fat content.
- 4. Get moving.**

Take the steps at work instead of the lift, or walk to your local shops. Work up to being active for at least 30 to 60 minutes each day.
- 5. Switch to healthier drinks.**

Swap soft drinks, cordials and juice for diet versions – or better still choose water and reduced-fat milk. Swapping a soft drink for water will save 694kJ. Have a glass, bottle or jug of water close by at all times.
- 6. Eat more fruit and vegetables.**

Add one more piece of fruit and one more serve of vegetables to your day. Build up to the recommended two pieces of fruit and five serves of vegetables (around three cups) every day.
- 7. Cut back on treats.**

If buying treats, choose smaller serve sizes and have these in the house less often. Plan when you will have treats (say once a week) and keep a close eye on the portion size.
- 8. Shrink your portion sizes**

Doing this at every meal is a sure-fire way to lower your energy (kilojoule) intake. Try using smaller plates and bowls.
- 9. Drink less alcohol.**

If you drink alcohol, reduce your intake and aim for at least two alcohol free days each week. Try a wine spritzer (wine diluted with plain mineral water) instead of a glass of wine and use a smaller glass. Choose light beers over standard 'heavy' beers.
- 10. Get the right support.**

An Accredited Practising Dietitian (APD) is your diet coach – providing you with individual, expert advice to help you achieve your goals. Visit the 'Find an APD' section of the Australia's Healthy Weight Week website at www.healthyweightweek.com.au to find an APD in your area.

Eat *better*, feel *better*, move more **NOW!**

