



Take 10 for dinner

- 1. Eat at the table with the television turned off**

Research shows that families who eat together at the dinner table have more nutritious diets. It is also a great way to spend time together and catch up on the day's events.
- 2. Eat vegetables with every meal**

Choose vegetables and salad of different colours for a great looking meal and maximum nutrition. Try orange or yellow, green, red and white as you work towards your five serves a day.
- 3. Shrink your portion sizes**

Many people know what to eat, they just eat too much of a good thing. Try smaller plates and bowls and order an entrée sized meal if eating out.
- 4. Balance your plate**

Try to make one quarter of your plate protein-rich foods like meat, poultry, fish or eggs; another quarter carbohydrate-rich foods like rice, pasta, potato or bread with the remaining half made up of salad and vegetables.
- 5. Choose lean meat**

Choose lean cuts of meat and remove visible fat and skin from poultry before cooking. Include lean red meat on the menu 3-4 times per week (or go for other high-iron foods if you're not a meat eater).
- 6. Use low fat dressings and sauces**

Choose oil free or low fat salad dressings and sauces. Try vinegar, lemon juice, herbs and spices for fat free flavour.
- 7. Mix it up for good nutrition**

Include a variety of healthy meals on the menu. Try to eat fish twice a week and aim to eat more meals made using dried beans and lentils.
- 8. Try a fresh and tasty sweet treat**

Fresh fruit and low fat dairy foods like yoghurt, custard or ice-cream are a delicious, nutritious way to finish the meal.
- 9. Get the whole family involved in mealtimes**

Involve children in menu planning and meal preparation to share the load, teach them great skills and encourage them to eat a variety of nutritious foods.
- 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!**

