

SMALL CHANGES

BIG RESULTS

Small changes to your nutrition... BIG RESULTS



INCREASE IN:

**Energy,
weight loss**



REDUCTION IN:

Health risks:
heart disease, obesity,
diabetes type 2

Most of us are creatures of habit. We buy the same foods, prepare the same recipes and live with our familiar routines - the problem is that we get so comfortable in our ways that it becomes difficult to give up these old routines.

What you eat has a dramatic effect on your health and how you feel; by focusing on healthy eating rather than 'dieting' can make the world of difference. Making small lifestyle changes can help you achieve big results in the long term - simple things like starting each day with a nutritious breakfast, reducing your portion size by 20%, or trying different cooking methods such as grilling and baking can surprisingly go a long way to feeling healthier.

In the coming weeks you will receive tips and advice on how better to manage your nutrition, and how small changes to your diet can have a big impact on your lifestyle.

We will be covering:

- Healthy swaps
- Portion control
- Food label translations
- Takeaway alternatives
- Recipe/menu suggestions
- Fruit and veg
- Fat
- Fibre

Together, all the way.SM



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