01 FOOD
- Have fresh fruit and vegies available at home and work for snacks.
- Drink water every time you feel hungry. Eat 15 minutes later if you are still hungry.
- Plan what you are going to eat every day, the night before.
- Eat 5 different types of fresh veggies every day.
- Eat before you go shopping or order food online.
- If you add sugar to any food, halve the amount you add.
- Eat nothing within two hours of going to bed.
- Eat organic whenever available.
- Eat twice as many veggies grown above the ground as below.
- Make a new type of salad.
- Avoid processed food.

02 DRINKS
- Sip two litres of water throughout the day.
- Introduce alcohol free weekdays.
- Drink water instead of soft drinks, cordial and juice.
- If you drink alcohol, drink a glass of water in between alcoholic beverages.
- No caffeine after lunch.
- Eat fruit rather than drink fruit juice.

03 AT MEALTIME
- Chew your food until it melts in your mouth.
- Sit down while you are eating. Don’t rush. Don’t be stressed.
- Eat six meals a day. The same amount of food in a regular day.
- Eat your knife and fork down between mouthfuls.
- Put your knife and fork down between mouthfuls.
- Only put a 20 cent coin sized amount of food on your fork.
- Eat protein with every meal.
- Reduce the amount of pasta; increase the amount of sauce.