

Action Plan – Healthy Eating

Lifescrpts



# Lifescrpts

*Advice for Healthy Living*

## Action Plan Healthy Eating





## My action plan for healthy eating

**My name:** .....

**Date of birth:** .....

Eating well will help me maintain my health, increase my energy and help with some medical conditions

### Fruit and Vegetables

**I will try to eat:**

\_\_\_ serves of vegetables a day

\_\_\_ serves of fruit a day

*(Adults = 5 serves of vegetables + 2 serves of fruit)*

### Fat

I will try to eat takeaway food only once a week or less

**I will buy low fat dairy foods**

Low fat milk

Low fat cheese

Low fat yoghurt

Other .....

**I will eat meat that has less fat in it by:**

Cutting fat off the meat that I buy

Eating less fried or crumbed meat

### Water

I will try to drink 8 glasses of water every day

I will drink water instead of fruit juice, soft drinks, cordials or sport drinks

### Referral

**To help me with my healthy eating I have been referred to:**

.....

.....

***I would like you to come back to see how you are going in ..... weeks***

**Healthcare Provider's Signature:** .....

**Date:** .....



## General guidelines

### Try doing these things for healthy eating

- Buy soup mix, baked beans, bean mix, bread, pasta, noodles, wholegrain cereals and oats
- Eat wholegrain or wholemeal bread
- Eat breakfast
- Drink more water
- Eat cheese and milk that is low in fat
- Eat less salt, sugar and fat

### Eat more vegetables and fruit

- Eat more cooked vegetables and vegetable soups
- Eat vegetables and fruit at breakfast
- Frozen, canned (no added sugar/low salt varieties) and fresh fruit and vegetables are all good for you - buy what you can

### Think about how much fat you are eating

- If you can get it, eat more bush foods, fish and meat with the fat cut off
- Eat less tinned corn beef or buy ones that have less fat in them
- Buy sandwiches or low fat stews or curries from the takeaway
- Take the fat off chicken when cooking it
- Buy canola, olive or polyunsaturated oil and margarine
- Cook your meals in a way that uses less fat (e.g. stir frying, grilling, steaming)
- Eat less sausages, pies, biscuits, cakes, lollies and chips

### Think about how much sugar you are eating and drinking

- Drink water instead of soft drinks and other sweetened drinks
- Fruit juice can have a lot of sugar in it. Try to drink less of it
- Eat porridge, wheat biscuits or corn flakes for breakfast instead of cereals that have a lot of sugar in them

### Drink more water

- Have water when you eat your meals instead of soft drink, cordial or fruit juice
- Keep a bottle of water with you when you go out walking or visiting family and friends