

## **Daily golden nutrition rules**

- Drink at least 8 large glasses of water. This can be squash to make it more “interesting” but low sugar.
- Increase fruit intake:- grapes, apples, smoothie drinks at work!
- BREAKFAST!!!!!! Cereals that contain high fibre and low sugar as carbs: Weetabix with blueberries or Raisins, Bran Flakes, Shredded wheat are all good.
- Boiled eggs, scrambled eggs, poached eggs with granary toast, lovely!
- Lunch time eat a meal. Pasta, rice salads are great. Pitta breads rather than bread. Lean meats and salad, no cheese.
- Use Bertolli style spreads.
- If you are tempted to snack on chocolate etc drink a glass of water first. It will probably stop the craving.
- Dinner as early as you can ie 6pm if poss.
- Dinner comprises of lean white meats of Fish(steamed) with salad, stir fry or steamed vegetables.
- Keep a food diary.
- Log all fluid intake. Note glasses of alcohol whenever taken.
- Be strict and honest with yourself