

AZMINA'S 5 TIPS FOR HEALTHIER EATING:

- 1 Become 'portion' aware - swap your usual plate or bowl for one that's smaller in size and try to say no to second-helpings.
- 2 Swap white rice with brown rice and use coarse wholemeal atta for chapatis instead of white flour for better-for-you carbs.
- 3 Try healthier snacks such as a handful of roasted channa, whole almonds, unsalted peanuts, or wholemeal pitta bread strips with two tablespoons of hummus.
- 4 The fibre in fruit and vegetables can help keep you fuller for longer, and most vegetables are low in calories - great for helping you watch your weight.
- 5 Keep an eye on how much juice you drink – even unsweetened fruit juice can have a lot of sugar – so stick to 150mls or a small glass a day.

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