Practical tips for a better diet

- Eat a varied diet with a wide range of foods.
- Eat more wholegrain's, e.g. wholemeal bread, brown rice, wholegrain cereals.
- Eat more fruit and vegetables, aiming for at least five portions a day. Frozen fruit can be cheaper and just as good particularly whizzed up in to a smoothie.
- Cut down on salt by eating less processed food, such as ready meals.
- Eat regular meals to help manage your diet and weight.
- Control your portion sizes to match your activity level.
- Try to be more physically active and aim for 30 minutes activity most days.
- Drink alcohol within recommended limits; the Department of Health recommends that both men and women should not drink over 14 units of alcohol per week.
- Buy seasonal fruit and vegetables as they tend to be cheaper and taste better.
- If cooking pasta or rice, add frozen vegetables, such as peas and sweetcorn.
- Batch cook or cook more for example pasta than you need for a meal, and mix other ingredients such as tuna, chicken, cucumber, tomatoes for lunch the next day.
- Make more food than you need and freeze some so you can grab it when you're busy and can cut down eating take-aways.
- Plan your meals for the week ahead so you reduce the chances of wasting food and have a better chance of eating planned healthier meals.
- Drink a minimum of two litres of water throughout the day.

Start off trying to do two or three of the above for a few days and gradually include more to form new, healthier habits!