

# HEALTHY EATING CHOICES

## DAY TIME

### Carbohydrates *(Energy)*

#### Starch

Bread, potato, pasta  
Rice and flour products

#### Fibre, Vitamins/ Minerals

Fruit and Vegetables

### Proteins

*(Needed for body cells repair and growth)*

Lean meat, fish, beans, dairy produce, nuts, grains or seeds

### Fat *(in moderation)*

Choose polyunsaturated fat, such as in fish, olive or rapeseed oil,  
or in poultry, nuts, seeds, cereals

## EVENING MEAL

**Starch *(in small amount)*, Fibre, Vitamins & Minerals**  
**Root vegetables or salads**

### Proteins

Lean meat, fish, beans, dairy produce or seeds

**FLUIDS:** Water, herbal tea, green tea, peppermint tea etc.  
Or fresh fruit juice – a small glass *(it can contain high sugar level)*  
Cut down on conventional tea or coffee!

### 7- Days Eating Choices Monitoring Plan

Daily Monitoring Plan	Day 1 - Date	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Daily Eating							
<b>Breakfast</b> <i>(what have you had for breakfast today?)</i>							
<b>Lunch – Day Time</b>							
<b>Main Meal or Evening Time</b>							
Physical Activity							
<b>Wake-up Conditioning:</b> Therapeutic Warm-Up e.g. circulation, stretching, breathing technique							
<b>Daily Exercise or Walking</b> (if you can weight-bear or mobilise) 10min - 20min a day							
<b>Physical Activity (if able):</b> e.g. Shopping, housework, gardening, DIY, therapeutic/ guided exercise etc.							
<b>Social Life/ Interests</b>							
Social events, group activity, or family / friends gathering							
Reading, listening to music, watching TV or movies etc.							
Therapeutic Relaxation							

***What changes in your lifestyle have you made this week?***