Eat Well

10 top tips for healthy eating.

1. Plan and prepare your meals using fresh ingredients for the week ahead

2. Start your day with a healthy, filling breakfast

3. Plan your meals around vegetables, pulses and fruits

4. Include a protein source in each meal

5. Take the time to be more aware of what you're eating when you eat

6. Reduce refined sugar content

7. Limit your intake of caffeine, artificial sweeteners and alcohol

8. Drink at least 6 to 8 cups/glasses of water each day

9. Make healthy snack choices

10. Follow the 80/20 rule – allow for the occasional treat

Westfield Health