**TOP TIPS FOR HEALTHY EATING**

1. Eat 3 moderate meals a day rather than one large one. Don’t miss breakfast.
2. Use cooking methods that don’t add extra fat. Try microwaving, baking, grilling, steaming or poaching.
3. Choose higher fibre foods to help fill you up, such as wholegrain bread, brown rice and pasta.
4. Change to reduced fat dairy products such as semi-skimmed milk, edam cheese and natural yoghurt.
5. Avoid spreadable fats and use a thin spread of low calorie mayonnaise, crème fraîche or mustard as an alternative on sandwiches & toast.
7. Check food labels and choose products with no more than 10% of their calories from fat or sugars wherever possible.
8. Use honey and dried or fresh fruit as an alternative to sugar.
9. Cut all the visible fat off your meat and remove the skin from poultry before cooking.