

## 4. Be aware of portions

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Aim to fill **half** your plate with vegetables or salads, **one quarter** with lean meat, and **one quarter** with carbohydrate foods.

- Two open hands = approx. half a plate of vegetables
- A palm size = approx. a quarter plate of lean protein
- A fist size = approx. a quarter plate of the carbohydrate
- Thumb = approx. 1 tablespoon of oil, salad dressing, peanut butter or hard cheese
- Thumb tip = 1 teaspoon of sugar, oil, margarine or butter, and mayonnaise

Use smaller plates and bowls to help manage portion sizes. And yes, if your palm is bigger, then you do get more!



Source: [Ward Nutrition](#)

## 5. Embrace (healthy) snacking

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Snacking between meals is okay! Healthy snack options include:

- Nuts and dried fruit
- Fruits such as apples and bananas
- Greek yoghurt
- Muesli bars
- Vegetable sticks (carrot and cucumber)
- Dried legumes e.g. chickpeas, fava beans

## 6. Maintain healthy habits when eating out

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- Read the menu before going to the cafe/restaurant to help avoid impulsive decision-making.
- Choose healthier sides/appetisers to share.
- Choose the healthier cooking methods e.g. poached, baked, grilled.
- Order dressings or gravies on the side so you control how much you consume.
- Choose water to drink. If you want soft drinks, order a small, sugar-free one. If you want alcohol, limit it to 1-2 drinks for the day.
- Be aware of portion sizes.

*6 healthy eating tips for busy working people*



# 1. Eat 3 meals a day

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Ensuring you eat three meals a day, with some snacks in-between, means less unhealthy cravings.

Breakfast, in particular, is crucial as it kickstarts your workday. If you don't have time to make a hot, English-style breakfast, then try these nutritious alternatives:

- Pre-make your breakfast the night before – a bowl of overnight oats made with yoghurt is a good start to the day.
- Try a favourite muesli with milk, yoghurt and fresh/tinned/dried fruit.
- A slice of wholegrain toast/raisin toast with a flat white coffee can be a great option when on the run.
- Baked beans on wholegrain toast is a nutritious winter warmer.
- Even an Up&Go is better than nothing.



# 2. Practise mindful eating

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- Mindful eating helps us to distinguish emotional (boredom or tiredness) and physical cues (stomach growling or empty stomach) to avoid overeating.
- Take time with meals, focus on the food, eat slowly and chew thoroughly.
- Listen to your body cues – eat when you are hungry and stop when you are full.
- Avoid all distractions while you are eating.
- Build this habit gradually. Start practising slowly by focusing on one meal per day and take the time to enjoy the food, then extend the practice to other meals.

# 3. Be prepared

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- **Lists:** Note down the meals you intend to have during the week, including staple foods and snacks. Have a few easy recipes on hand to make the list. A list makes shopping so much easier!
- **Convenient foods:** Buy salad mixes, pre-cut fresh or frozen vege mixes, cans of legumes, tinned tuna/salmon, rice cups, porridge sachets, and flavoured tofu.
- **Appliances:** Let your kitchen appliances do all the work. Throw veggies such as cauliflower, broccoli, carrot in with your rice when using a rice cooker, or set and forget a slow cooker in the morning before you leave for work.
- **Leftovers:** Making extra dinner and taking it for lunch the next day is an easy way to be prepared.
- **Plan to snack:** Have healthy snacks ready for when you're on the go. Muesli bars, yoghurt, nut mixes, fruit (dried or fresh), carrot sticks and dip are just a few examples.
- **Spend an hour on Sunday preparing:** Roast veggies, stir fry chicken, boil rice or pasta, so that you have options to easily throw together a mid-week lunch.