



Step 02 Follow a regular meal pattern and prepare healthy meals

A regular meal pattern helps weight loss

- ✓ Keeps you full over the day
- ✓ Reduces food cravings and help you to lose weight
- ✓ Provides a healthy balance of foods and nutrients

Research shows that missing meals often leads to eating more kilojoules over the day.

What is a regular meal pattern?

- Eating three meals per day - breakfast, lunch and dinner
- Eating at around the same time each day
- Having 1-2 healthy snacks, if hungry, between meals. Ideally snack on fruit and vegetables. (see Be smart with snacks)

How to get into a regular meal pattern

- PLAN in advance the times you are going to have your meals.
- Try not to leave gaps longer than 5 hours between meals. If you let yourself get too hungry this can increase cravings for high fat and high sugar foods
- If you eat unplanned snacks or meals, return to your regular meal pattern as soon as possible.

Prepare healthy meals

The foods we choose and the way we put them together has a big influence on the number of kilojoules and the nutritional value of meals



Breakfast

For ideas see 'Fill up on breakfast'

Lunch

A sandwich and piece of fruit is a good formula.

Make a healthy sandwich

- High fibre bread/roll
- Healthy spread
- Add LOTS of salad
- Choose ONE lean protein filling
i.e. lean meat or cottage cheese or hard boiled egg or tinned fish

Try the following sandwich combinations

- ✓ Wholemeal bread with relish, cheese and cucumber
- ✓ Wholemeal wrap with chicken, light mayonnaise and salad
- ✓ Grainy roll filled with avocado, lean beef, lettuce, tomato and red onion

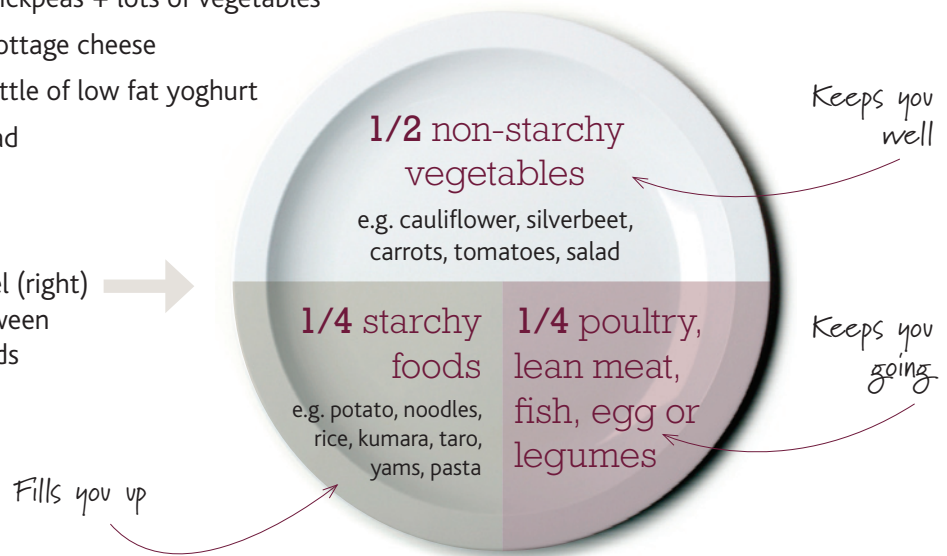


Other healthy lunch ideas

- Salad – include starchy food like rice, pasta or potato with cold chicken or hard boiled egg or tinned fish or strips of lean ham or pulses/chickpeas + lots of vegetables
- Baked potato + baked beans + cottage cheese
- Vegetable soup + grainy roll + pottle of low fat yoghurt
- Left over curry + rice + green salad

Dinner / Main Meals

- Follow the HEALTHY PLATE model (right) to achieve a healthy balance between meat, vegetables and starchy foods
- Prepare food in a healthy way



Main meals following the HEALTHY PLATE model



Steak, roast vegetables and beans



Spaghetti bolognese and salad



Stir fry with rice



Mince patty, bread roll, coleslaw, tomato/beetroot

Prepare food in a healthy way

The way you prepare and cook food can make a big difference to your weight.

Try the following suggestions for healthy cooking:

- ✓ Trim fat from meat before cooking. Choose trimmed pork bones rather than brisket. Remove skin from chicken
- ✓ Grill, stew, poach, steam or boil foods instead of frying. Use a rack when grilling so the fat drips away
- ✓ Skim fat from stews or boil ups when cool. Drain fat off corned beef
- ✓ Use no more than tablespoon oil/fat/butter in stir-fries or when frying meat or browning vegetables
- ✓ Season and flavour with herbs. Try using garlic, fresh ginger, soya sauce and chilli to add flavour

Healthy lunch and main meals you can make at home:

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