

Twelve Good Eating Habits

1. Don't skip meals; plan for three meals each day.
2. **Drink a glass of water before each meal.**
3. **Double the time it takes you to eat a meal or snack:** It takes most people ten minutes to eat a meal. Set a timer for twenty minutes and make your meal—even if it's just a sandwich—last that long.
4. **Between lunch and dinner each day, aim for five servings of fruits and vegetables.**
5. Plan for healthier snack choices at work.
6. Stop adding salt to foods.
7. Eat nothing after 8 p.m.
8. **Try a new food each week, to help you introduce more variety into your diet.**
9. Eat less meat to reduce your fat and cholesterol intake.
10. **Make sure that bread, cereals, pastas, and crackers that you eat are made with whole grains.**
11. **Eat something red, purple, orange, yellow, and green each day.** Eating a rainbow is the easiest way to get more vitamins and minerals into your diet.
12. *Start reading food labels* so you'll become more aware of what you're putting into your body.

It takes only **three weeks** to form a habit, according to obesity researchers at New York Presbyterian Hospital.

High Fibre in the diet is the saviour of the body cells