

It is not necessarily how much we are eating but more or less what we are eating that is doing us harm. Healthy eating should not be a constant battle, isn't it about time you established a healthy relationship with food?

- ✓ Get back to the basics, eat more raw foods and cut out the processed junk! (It's that simple plus less labels to read)
- ✓ Make meaningful associations with healthy food; many of us connect positive nostalgic feelings with unhealthy foods, make your own healthy food memory today!
- ✓ Make your plate pretty; if it looks good you are more likely to eat it!
- ✓ Eat a rainbow; variety is key



### #1 Tip:

Switch off the television today, put down that magazine and say goodbye to social media

Dieting does not work and can cause detrimental damage to your body in the long-term. We often forget about the simplicity of healthy eating due to mixed media messages, celebrity endorsed diets and proclaimed superfoods that emerge each day. These diets often recommend too much fat, too much protein and too little of everything else including carbohydrates. Cut the confusion.

#### How to detect a fad diet;

- ✓ Claims too good to be true
- ✓ Promises of a quick fix and rapid weight loss
- ✓ Promote nutritionally unbalanced diets or extremely low energy (kJ)
- ✓ Sole focus on one food or nutrient (there is no one miracle food)
- ✓ Recommendations based on motive to help sell
- ✓ Recommendations based on a single study
- ✓ Use of liquid formulas rather than foods
- ✓ Failure to encourage realistic lifestyle changes; no mention of weight maintenance after program ends

Millions of people are struggling with their body image each day, whether it be weight loss or weight gain the feeling is mutual. This is the sad reality.

It's time to get excited about food again, eating should not be a chore! Today take the time to recognise the wonders of our own mother earths produce. Try a new food, cook a new recipe or find your local community garden and get involved.

For more information, visit [www.spotscreen.net.au](http://www.spotscreen.net.au).