

GOAL SETTING

Making changes to your old habits is not always easy. It may help to set yourself some goals. Make sure the goals are realistic and achievable.

Make specific goals, for example setting a goal in terms of weight loss may not be realistic or necessarily guaranteed to be achievable, certainly within a short time! Instead set a goal such as changing to skim milk instead of full cream. It is specific, you can identify whether you have achieved the goal, and move on to your next goal feeling good about your success.

Work on one change at a time. If you don't succeed reset your goal to make it easier for you. Remember changes to your lifestyle can make you healthier even if you do not lose any weight.

You may like to reward yourself after you have achieved a goal but try not to use food as a reward. Choose a non-food reward that you value, eg go to the movies, buy a book or have a massage.

Answering these questions will help you work out your goals	Yes	No
Do you limit sugar rich food and drinks such as cordial, soft drink, rich sweet biscuits and desserts, sweet pastries and cakes, and sugar to once a week or less?		
Do you eat 3 meals a day?		
Do you avoid adding butter or margarine or sour cream to vegetables?		
Do you steam, boil or microwave vegetables?		
Do you avoid frying meat in fat?		
Do you eat fried food less than once a week?		
Do you choose lean meat?		
Do you trim the fat off meat and/or skim the fat off casseroles and soups?		
Do you take the skin off chicken?		
Do you eat fish at least twice a week?		
Do you use low fat cooking methods, such as grilling, stewing, baking on a rack or barbecuing without added fat?		
Do you limit crumbed or battered food?		
Do you limit fatty snacks, such as potato crisps, cheese and nuts?		
Do you eat cooked, dried beans or peas or baked beans at least once a week?		
Do you eat wholegrain or wholemeal bread?		
Do you eat a high fibre breakfast cereal?		
Do you avoid adding salt to your meals and using salt in cooking?		
Do you use skim or low fat milk, yoghurt and cheese instead of full cream varieties?		
Do you eat at least 5 serves of vegetables every day?		
Do you eat 2 serves of fruit every day?		
Do you limit your alcohol intake to 2 (females) or 4 (males) standard drinks a day?		
Do you have a least 2 alcohol free days a week?		
Do you participate in some regular physical activity for 30 minutes or more at least 5 times a week?		

If you have answered 'yes' to most of these questions you are doing very well!
 If not, you may wish to make some changes to your food and exercise regime.
 If you are unable to keep to your plan, put it behind you and start again.

