3 steps to SUCCESS

SWAP IT ADD IT MOVE IT

Check out our list of add it ideas to see if anything jumps out at you to try!

Foods



ADD Leafy greens (spinach, kale) to ragu, stews, casseroles or curries

ADD An extra vegetable variety to your meals

ADD A bowl of fruit of your choice to your breakfast

ADD An extra type of fruit to your morning porridge

ADD Nuts/seeds to porridge or overnight oats for added fibre, protein and vitamins

ADD A fermented food such as natural yogurt, kefir, sauerkraut or kimchi

ADD Nuts and seeds to diet, as snacks or added to cereals, smoothies, porridge

ADD beans and pulses such as lentils, chickpeas or kidney beans to curries, soups, chillies or bolognese for example

ADD One new type of fruit or vegetable to shopping trolley each week

ADD Drizzle of olive oil to salads or vegetables (if you have the calories) for added healthy fats

ADD Extra egg white to omelettes or scrambled eggs for added protein with very few added calories

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Drinks



ADD Extra glasses of water each day – 1, 2 or 3 more than normal

ADD Fruit or veg to water for extra nutrients, such as lemon, ginger, cucumber or mint

Behaviours



ADD Prepping your food for the next day the night before

ADD Planning your weekly meals in advance

ADD Writing your weekly food shopping list before going to the shops

ADD An extra one hours sleep each night by going to bed earlier

ADD Time to do things you enjoy such as hobbies

ADD 20 minutes for some 'you' time or mindfulness each day