

Swap frequent takeaway for cooking at home more

Can you aim to cook at home one more night a week? We're pretty sure you'll save money by cooking at home and feel better for it.

Our tip? Pick recipes that your family will enjoy but just made a little healthier. Set up taco Tuesday and let everyone build their own veggie-filled tacos, and add in the flavour hits they want to personalise every bite. Or why not do a DIY pizza night. Get wholemeal pita bread, top with tomato paste, chopped veggies and yummy bits like tomatoes, olives, mushrooms or zucchini. Finish with cheese and bake until crispy.



Swap restriction for crowding

Being healthy doesn't mean missing out. Ditch those programs that tell you to avoid a gajillion different foods. Instead, practice 'crowding' in more of the healthy stuff.

By filling up on nutritious options that make you feel good, you may naturally crowd out the less healthy options. Crowd in wholegrains and enjoy legumes. Perhaps try chickpeas or butter beans! Snack on fruit! Buy one new veg each week that's outside of your comfort zone.



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your guide to healthy habits

Enjoy a healthier life without missing out with these 5 habit swaps

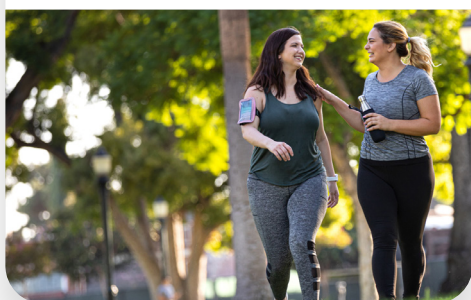


Swap exercise you hate for enjoyable movement

If going to the gym sounds like your worst nightmare but you like the idea of going for a walk, swim or dance class, then embrace the movement you enjoy the most. After all, when you enjoy things, you may find it easier to be consistent... and isn't consistency the bedrock of a healthy life? If you're not sure what type of exercise you'd enjoy, ask yourself:

What type of exercise did I enjoy doing as a child?

If exercise didn't influence my weight, what form of movement would I do because I enjoyed it?



Swap boring salads for healthy food with lots of flavour!

Who wants to feel like they're eating rabbit food? Not us!

We suggest you skip old-school advice to avoid salad dressing and embrace the flavour it provides. While salad dressing may contain some sugar, fat and sodium, if adding a tablespoon helps you devour (and enjoy) many cups of vegetables everyday, we think it's a worthy swap.

Extra virgin olive oil and balsamic vinegar is an easy two-step combo we love.

Swap monochrome for technicolour

You've probably heard the expression '**eat the rainbow**'? That's because eating different types of foods in a variety of colours may help you get a greater mix of nutrients.

How many colours can you count on your plate?

From the green leaves of spinach to bright red tomatoes, adding in more colour into your diet is a fabulous swap. Don't forget that frozen produce like raspberries or peas can be a more budget friendly (and convenient) option that just as healthy as fresh.

