



Five top tips for a healthy diet

In this week's episode of the Brain and Power Podcast, accredited dietitian Rebecca Hay from The Athlete's Kitchen talks about maintaining a healthy diet, eating for performance and the dietary needs of different athletes.

1. Still enjoy yourself - Your diet does not have to be perfect. It is not cheating to have a meal out with family and friends, or enjoy a piece of your favourite cake or slice, it is normal and healthy to do this.

2. Eat your fruits and vegetables - Aim to eat more plant based foods. This includes vegetables, salad foods, fruits, nuts, seeds, wholegrains and legumes. These foods should make up the majority of our meals – with around 1/3 to 1/2 being vegetables/salad at our main meals.

3. H2O! - Stay well hydrated. Most of us do not consume enough fluid each day. Yes, your coffee and tea do contribute to your fluid intake – if you are having more than 6 cups of either of these you need to swap some out for just water or a caffeine free herbal tea alternative.

4. Gradually make changes - If you know you need to improve the quality of your diet, make your changes gradually. Don't try to change everything at once. Make a few changes and get comfortable with them and then make some more – you can look at your food intake as a work in progress.

5. Hungry or bored? - Try and tune into your bodies messages about hunger and fullness. Really aim to assess if you are eating because you are hungry, which is when you should eat, or if you want to eat for other reasons, for example: bored, tired, angry, happy, sad. Determining when you have had enough to eat is also difficult at times – aim to eat more slowly and really allow yourself time to enjoy a meal and feel for the point where you are satisfied enough to stop eating.

Want to learn more? Visit www.theathleteskitchen.com.au for more information and to hear Rebecca talk more about nutrition visit www.brainandpowerpodcast.com.