DIET HACK

WAYS TO ENJOY YOUR FAVOURITE FOOD THE "Q-Q-F" METHOD



Why cut out your favourite food?

If you deprive yourself, you may overindulge and regret. Practise mindful eating by following Q-Q-F:

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 Choose food that are more nutritious

• Follow My **Healthy Plate for** a balanced meal

 Create healthier versions of your favourite dishes

• Reduce calories by sharing your food with others

> • Concentrate during mealtimes, chew well & eat slowly

> > Identify your triggers for emotional eating

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 Track special events and your intake of less healthy food using a calendar

FREQUENCY

 Space out your gatherings to spread your calories apart

EXAMPLE:

QUALITY

Create a healthier version by:



- Switching coconut milk for low fat milk
- concept by filling:

Follow My Healthy Plate

FREQUENCY

It is OK to treat yourself occasionally. There is no need to be deprived of your favourite food.

- 1/2 your bowl with fresh vegetables
- 1/4 bowl with lean protein
- 1/4 bowl with wholegrains



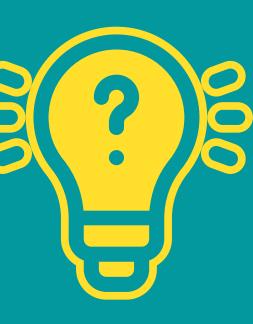
- ALTHY PLAT

When the craving strikes:

- Do not upsize ×
- Do not finish gravy ×
- Be mindful & stop when feeling satisfied



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