

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:



EXAMPLE:

QUALITY

Create a healthier version by:

- Switching coconut milk for low fat milk
- Follow My Healthy Plate concept by filling:
 - 1/2 your bowl with fresh vegetables
 - 1/4 bowl with lean protein
 - 1/4 bowl with wholegrains



FREQUENCY

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

QUANTITY

When the craving strikes:

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



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