

Choose which healthy changes YOU can make

- What areas of your food and drink intake could be healthier?
- How can you make these changes?

In the table below, write down the changes you have agreed to make with the Dietitian. Bring it with you to your next appointment so that you can discuss your progress.

Remember:

- Changes should be made gradually and should fit in with your lifestyle.
- You are aiming for long term changes to your food and drink intake, **not** going on a specific, short term diet

<i>Changes I can make</i>	<i>My progress</i>	<i>Date</i>

www.lnds.nhs.uk has lots more information and leaflets on healthy eating and weight management