

## Top Tip Number 5

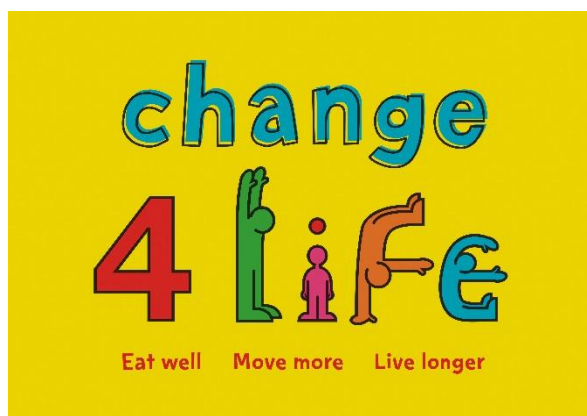
### Eat Regularly

Regular eating is very important for weight management. By eating regularly, we are sustaining our energy requirements which helps us to maintain a healthy weight. It allows us to avoid dips in energy where we would experience cravings for foods which we know will give us a quick fix, commonly high in fats, sugar and calories, all of which contribute towards unwanted weight gain.

Starting our routine each day with breakfast is key when thinking about regular eating. Overnight, we go for a very long time without taking in any energy from food, it is important to break this fast to kick start our metabolism. If we continue to fast throughout the day, we will store the food we do finally take on and it is more common for us to over eat or choose foods high in fat and sugar.

OneLife Suffolk recommend 3 meals each day (breakfast, lunch and dinner) as well as two healthy snacks. We suggest including snacks which contain 100 calories or less, to ensure that we are not exceeding our energy requirements.

Fruit and vegetable sticks are great, low calorie snacks, especially for children. Check out the link below for some more exciting ideas for healthy snacks which you could also consider including in your family's diet each day:



<http://www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx>

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