



These nutritional hacks will give you some realistic dietary coping mechanisms you need to ensure you're achieving optimal nutrition.

### Eat your breakfast!

Breakfast really is the most important meal of the day

### Petite plates

Use smaller plates to help cut down on portion size

### Snack on snacks

Apples and nuts are good, biscuits are not!

### Ignore calories

Just eat healthy and you'll see the benefits

### Add colour

Brightly coloured foods often have more vitamins

### Drink tea

Swap coffee for tea to benefit from its antioxidants

### Empty the house

Dump the crisps and sweets so you're not tempted

### Drink water

Water helps with digestion, energy levels and weight loss

