

Eating well made simple



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Rest assured we will continue to work hard to make sure you get all the taste and nutrition you need to reach your goals.

When it comes to healthy eating and successful weight loss, there are some basic principles that haven't changed in the past 25 years:

- **Portion control**
- **Nutritional balance**
(don't exclude any food groups, eg: carbohydrates)
- **Plenty of variety**
- **Tasty, wholesome food**
- **Regular eating throughout the day**
(don't allow yourself to get hungry)

Nutritional fads have come and gone over the years, but Lite n' Easy has embraced these simple principles for 25 years that have helped so many of our customers to improve their lives.

That said, nutrition is a complex science so at Lite n' Easy we've made it our business to keep abreast of all the latest healthy eating research from around the world.

By doing this we make sure our meal plans incorporate all the latest, scientifically proven concepts such as higher levels of protein, dairy calcium, Glycemic Index and reduced sodium levels.

Nutrition aside, we also know that if our food doesn't taste great, you won't stick with it. So even with all the nutritional boxes ticked, we go to great lengths to make sure every meal we make tastes absolutely delicious.

On a personal note I've loved every minute of my time spent with Lite n' Easy. I have taken immense pleasure from knowing our work has helped many thousands of people to live healthier, happier lives.

