

Shopping centre survival tips



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Follow these simple steps next time you head off to the shops and avoid the shopping centre slip ups that can bring your healthy commitment unstuck.

- **Never leave home hungry.** Having a Lite n' Easy meal before you go shopping will keep your energy levels up and help you resist the lure of the food court and its high calorie fare.

If you plan to buy food whilst you are out, make sure your choices are based on facts and not clever marketing tricks designed to draw you in on false pretences.

- **What's in a name?** With fruit and veggies in the names, banana and carrot cakes sound healthy but can be high in fat.
- **Turn your back on take away!** If you don't go to the food court you can't be tempted by fried food take aways.

- **Stop, revive and survive!** Take a break from shopping every few hours and revive yourself with a Lite n' Easy snack.

If you do plan to eat at the shopping centre, opt for a healthier option like:

- **Sushi:** avoid crumbed options.
- **Bakery:** fruit buns are perfect.
- **Fruit:** the original fast food.
- **Yoghurt:** yummy and filling.

If you need something more substantial try a simple salad sandwich or wrap.

Ask for a whole grain or sourdough roll or bread, pass on the butter and choose a lean protein to go with it.

Think Goldilocks – don't eat too much or too little – choose the portion size that fills you up and no more.

