



# BE MORE TREAT WISE

Habit Cheat Sheet



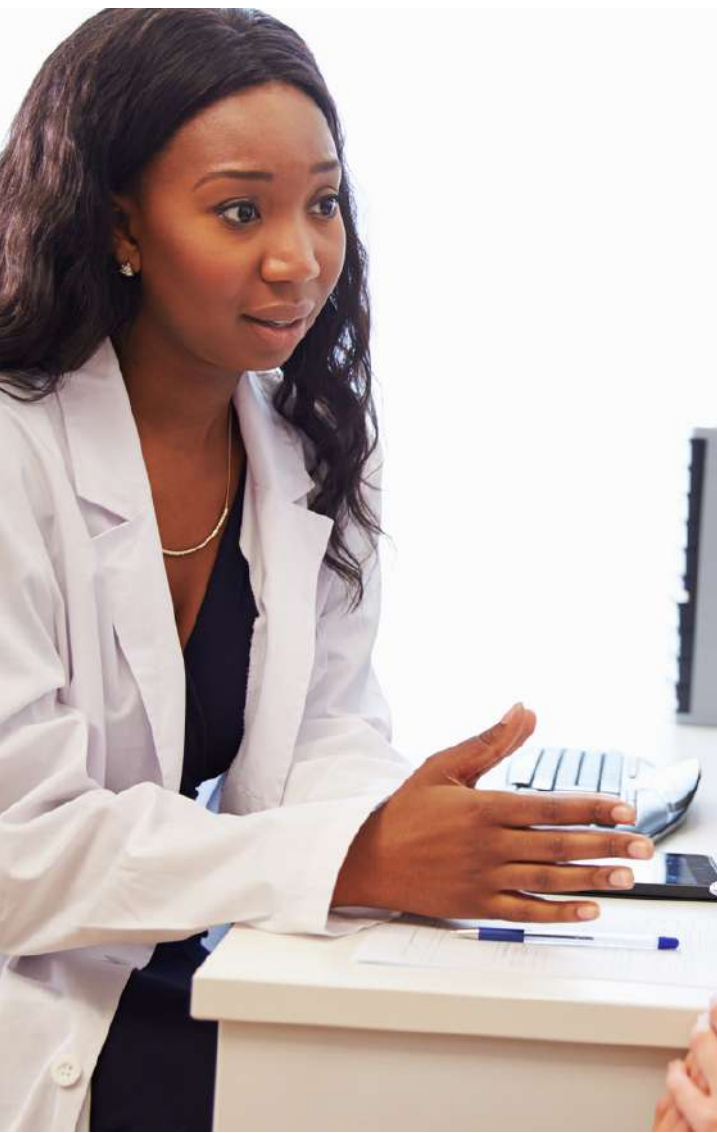
@healthbyscience

## What is "Being Treat Wise"?

Being treat wise means being conscious of the treats we consume and enjoying them in moderation.

A treat is typically about 250 calories and is eaten purely for pleasure or convenience, offering very little nutritional value.

By being treat wise, we can enjoy our favourite indulgences while staying mindful of our overall health and wellness.



## Why is Being Treat Wise So Important?

Most diets fail because they are too restrictive. Being treat wise is about understanding what "balance" really means for you, based on your preferences, goals and lifestyle. Being treat wise is crucial for achieving and maintaining a healthy weight, improving fitness, and ageing well, as it allows you to live life in a healthy way.

By being mindful of our intake of treats and focusing on nutrient-rich foods, we can shed excess weight, build muscle, and boost our overall health.

Additionally, treating ourselves in moderation can help prevent feelings of deprivation and improve our mood and mental wellbeing.

Over time, being treat wise can have a significant positive impact on our long-term health and quality of life.



# BE TREAT WISE HABIT IDEAS

TRACK YOUR TREATS

CHOOSE TREATS MINDFULLY

GET PORTION SAVVY

OUT OF SIGHT, OUT OF MIND

GO OUT FOR TREATS

DO A KITCHEN MAKEOVER

DON'T FEEL GUILTY

KEEP TREATS IN PROPORTION

PLAN AHEAD

EMBRACE THE CHANGE

REVISIT AFTER "HOME SCHOOL"  
MUNCHIES

PLAY AROUND WITH YOUR  
FRUIT AND VEGETABLE SNACKS.

GET THE KIDS INVOLVED.



## Track Your Treats

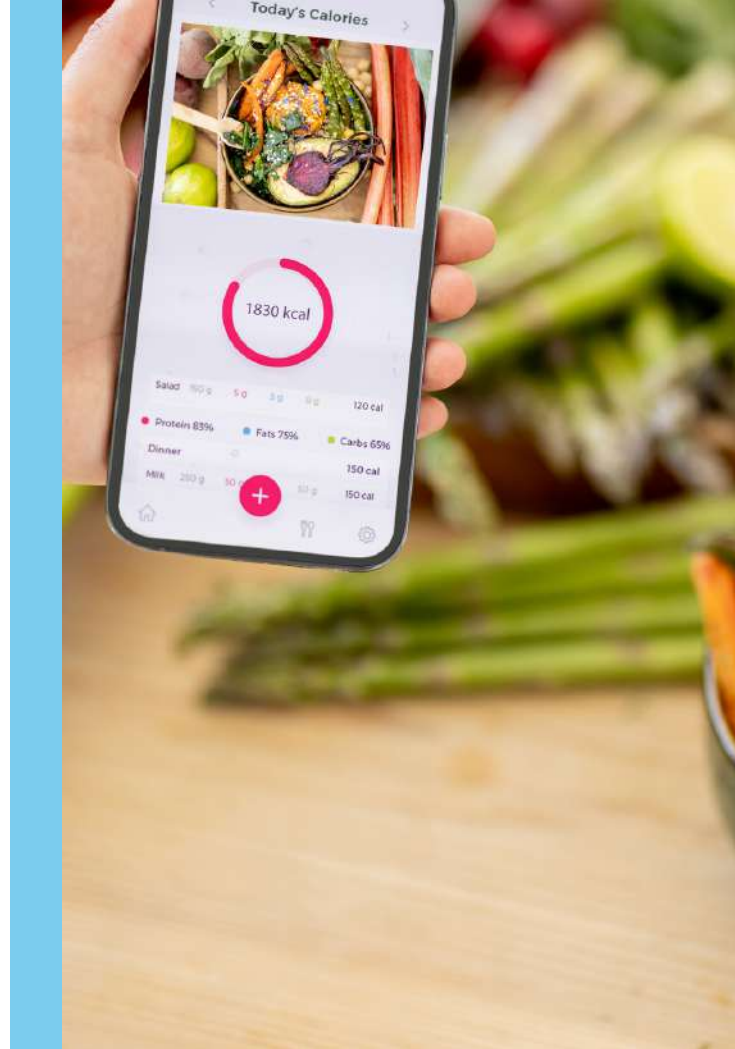
Tracking your treats can be a powerful tool for achieving your weight loss, fitness, and health goals. Not only does it help you become more mindful of what you're consuming, but it can also make it easier to stay on track and make progress toward your goals.

By keeping track of your treat intake, you can identify patterns in your behaviour and make informed decisions about your diet. For example, you might notice that you tend to consume more treats on weekends or after stressful days at work.

Furthermore, tracking your treats can help you stay accountable to your goals. Writing down what you're eating can help you visualize your progress and stay motivated to make healthier choices.

[Click here to use our free food diary.](#)

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## Choose Treats Mindfully

Choosing treats mindfully and adjusting portions during the day is an effective way to stay on track with your health and fitness goals while still indulging in some of your favourite foods.

By choosing healthier treat options and being mindful of portion sizes, you can enjoy a small indulgence without derailing your progress.

Additionally, by adjusting your portions during the day, such as eating a smaller lunch or dinner, you can compensate for the additional calories consumed through your treats, making it much easier to stay on track with your diet and achieve your goals.



## Out Of Sight, Out Of Mind

The kitchen is the heart of any home and lockdown has meant we're spending more time here than ever before. To stay healthy, it's best to keep treats out of sight so they don't become too much of a temptation! Make them an occasional indulgence instead.



## Go Out for Your Treats

Going out for treats instead of keeping them at home can be a smart move. This way, you can value and truly enjoy your treat without being tempted to indulge excessively.

Additionally, when you go out for treats, you have to make a conscious effort to choose your indulgences, which can help you avoid temptation at home and make healthier choices.

## Do a Kitchen Makeover

Clearing your house from unnecessary treats might seem extreme, but it's an effective way to manage temptations and make healthier choices.

By removing unhealthy snacks and stocking your kitchen with healthier options, it's easier to resist temptation when you're feeling hungry or tired. Additionally, meal prepping healthy snacks ahead of time can assist in achieving your health goals.



## Don't Feel Guilty

It's understandable to feel uncertain and overwhelmed at this time, but try not to be too hard on yourself when you give your children treats!

Eating healthy doesn't mean eliminating all the things they love - it just means making sure their diets are balanced. By providing more nutritious foods regularly, as well as occasional snacks that may have less nutritional value like chocolate or biscuits in moderation, you'll ensure everyone is happy and full of energy.



## Keep Treats In Proportion

With kids stuck at home, it can be easy for them to reach for sugary treats as a pick-me-up. To help keep their treat consumption in check and make sure they're still getting good nutrition, try shopping with an eye on portion sizes - you could even get creative and find healthier alternatives than usual.

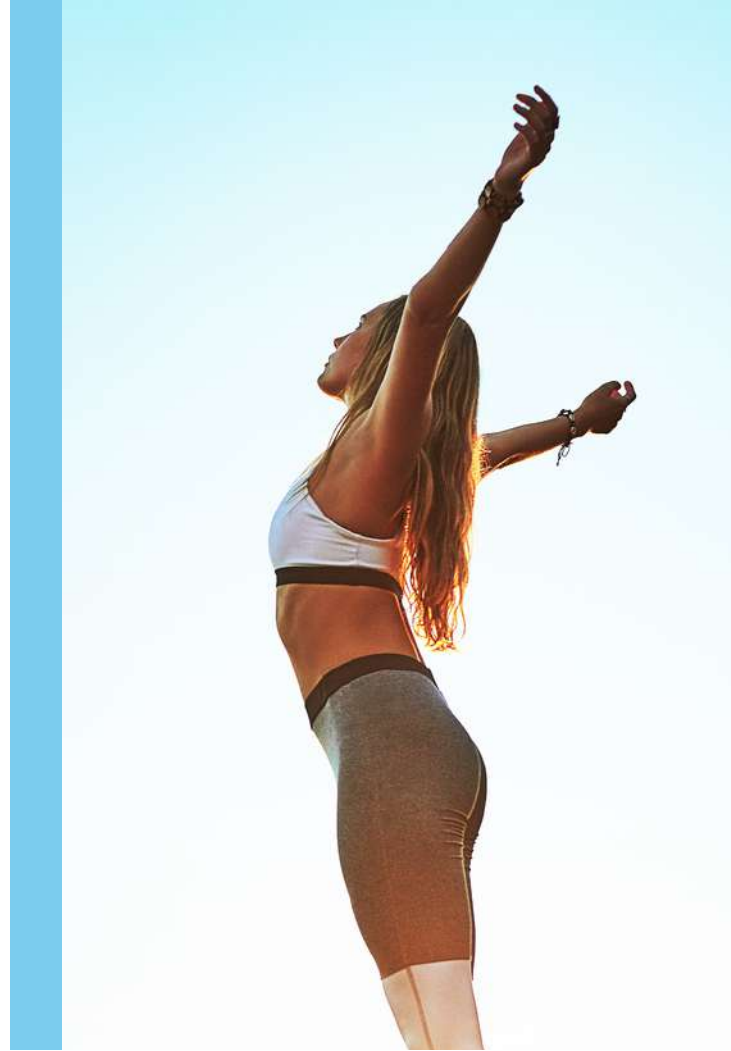


## Plan Ahead

Eating healthily doesn't have to be hard! Set yourself up for success by taking 10 minutes each morning to make a few simple, tasty snacks that are perfect fuel throughout the day. It'll help you resist those unhealthy snacks your kids might ask for and keep everyone feeling energized all day long.

## Embrace The Change

Lockdown is a great opportunity to explore new foods and flavors! Make dinnertime exciting by introducing your family to different meal options, snacks and treats. Varying the food choices from day-to-day will not only provide variety but also encourage children to have an open mind when trying something unfamiliar. Let's make mealtimes fun for everyone during this time at home together.



## Revisit After 'Home School' Munchies

After school snacks don't have to be boring! Introduce your kids to an array of tasty and healthy options like mini breadsticks with hummus, juicy fruit or berries, or a yummy homemade treat like popcorn sprinkled with cinnamon. Helping them expand their palate can give them lots more energy for learning - plus it's a fun way to bond together in the kitchen too.



## Play Around With Your Fruit And Vegetable Snacks

Make healthy eating an enjoyable and accessible experience for your kids.

Chop up some fruits and veggies into bite-sized pieces, store them in a clear container in the fridge that's easy to reach. You can also spice things up by creating a fruit bowl centerpiece or making frozen lollies packed with nutritious smoothie combinations – let their creativity run wild as they create delicious snacks without sacrificing healthiness. Place the veggie basket at eye level - next to those sweet treats, so it's just as tempting yet still guilt free!

That way you'll be helping set your little ones on course towards meeting their 5-A Day goals whilst keeping meals fun!



## Get The Kids Involved

Let your kids join in the kitchen fun! Home cooking can be truly educational and exciting with some parental guidance - it's a great opportunity to instill cookery skills, foster interest in food exploration, plus even coax picky eaters into trying new dishes.

## HOW DO I KNOW WHAT'S THE RIGHT PORTION SIZE FOR A TREAT?

When it comes to indulging in a sweet treat, portion control is key! It's important to look at the front and back of food packaging as they usually indicate how many calories are included per serving. This way you can enjoy those delicious treats while still being mindful about your health - all without sacrificing flavor or fun.

## SOMETIMES I JUST CAN'T SAY NO THOUGH. WHAT DO I DO?

Treats are delicious which sometimes makes it harder to just have the occasional small portion. Here are some simple ideas to help you manage how much you eat:

1. **Eat slowly, enjoy and be mindful.** To maintain a balanced lifestyle, it's important to treat yourself sometimes, but do so mindfully in order to feel more satisfied and reduce the chance of overeating.
2. **Think before you eat.** Often, people reach for the biscuit jar because they're looking for a distraction, not because they're actually hungry or thirsty.
3. **Read the back of pack.** Be aware and informed to make the best choices for your health.
4. **Don't supersize.** A bite-sized bar is enough to satisfy your craving.
5. **Choose individually wrapped treat.** You can help take self-control out of the equation by going for smaller size treats.
6. **Share with friends and family.** Make it a gathering of your friends and family. Treating with friends is much more enjoyable.
7. **Be prepared.** To avoid eating unhealthy snacks, have healthier snacks like fruit, nuts, seeds, low-fat yogurts, wholegrain breadsticks and vegetable sticks on hand.

## HOW MANY CALORIES IN A TREAT?

**250 calories.** This is based on a calorie cap on single-serve chocolates implemented by Mondelez International, Ferrero UK, and Mars Wrigley Confectionery UK in 2015.



# HOW TO SELECT YOUR HABIT



When choosing your new habit, ask yourself these three questions:

1. On a scale of 1-5 how **MOTIVATED** are you to achieve the habit?
2. On a scale of 1-5 how much **ABILITY** do you have to achieve the habit consistently?

If you're on the right side of the Action Line then ask yourself...

3. Do you have a **PROMPT** to remind you to complete your new habit?



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