

Simple rules to follow

Eat like our grandparents

Fix your meals at home

Keep things simple. Throw in too much complexity and the mind will simply reject things

Moderation is key. The middle path yields better results

There is “too much of a good thing.

The closer your food is to the source, the healthier and better it is for you. A baked potato is infinitely superior to French fries

You don’t need to measure always. Estimate. Or better still use common sense.

Control your portion size. Eat what you need. Not what you want.

Look in the mirror. It will never lie about how good your diet is.

Variety is key

Do not chase taste. Chase the rainbow. A colourful plate is a gift of life.

Follow the dictum, if it tastes good spit, it out

Stop eating when you are 75% full

If you habitually snack late, invite the Grim reaper to the party

Who said alcohol is beneficial?

Every food group has a role to play in the health of our bodies.

Explore local produce. Eat what is in season.

Junk food is not food. It is junk.

Drink water when you are thirsty

Sensible people don’t cook like “Master Chef””