

## 11 Point Checklist For Healthy Eating



Try this quick 11 point checklist to see if you have your nutrient rich eating well planned.

If you tick off most of the items below, you automatically plan very well. If you don't tick many items and your plan goes off target, it's time to plan a little more.

### **Do you mostly:**

1. Write up your weekly menu at the start of the week?  
(see [here](#) for our Food Diary)
2. Prepare a shopping list for your grocery shop?  
(see [here](#) for our Shopping List)
3. Take healthy snacks to work with you ready to eat?  
(see [here](#) for our Healthy Snacks List)
4. Take a ration pack with you on weekends when you are out for the day?
5. Schedule when you'll eat left over's for lunches or dinners?
6. Have quick and easy healthy meals ready for nights you are tired and don't feel like cooking?  
(see [here](#) for Healthy, Nutritious Food Ideas)
7. Know which food outlets sell healthy options at your local shopping centre?
8. Know your eating strategy before you enter a restaurant?  
(see [here](#) for Healthy Restaurant/Cafe List)
9. Know what you'll pick up to eat at a service station when you get caught out hungry with no healthy food on you?
10. Know how you will make up the next day for consuming any unexpected extras?
11. Know where to buy good quality fruit and veggies for cheap?  
(see [here](#) for local Perth Farmer's Markets List).

We hope this list helps you become more aware of how and what you eat. Small changes with your food intake mean big changes inside the body.