

1. Avoid processed food. Keep it as natural as possible.
2. Water! Water! Water! One and a half to two litres per day including coffee and cool drinks
3. Be mindful of what you are eating. Keep a food journal or diary. Seeing it in writing always shows where you went wrong and helps preventing over eating.
4. Stop the evening eating. Do not eat and then go to sleep. You will only have yourself to blame if you do not lose weight.
5. Eat mostly raw fruit, veggies and nuts.
6. Brush your teeth early in the evening rather than just before bed. It keeps you from snacking if you're not really hungry.
7. Portion control used with a 20 minute wait time –wait 20 minutes after eating the sensible portions and then see if you still feel hungry. Nine times out of ten you won't.
8. Commit to one diet – and stick to eat for life. Try making a list of low kilojoule foods that you love and you find satisfying and when you're hungry make sure you eat those foods.
9. If you're a parent, don't absorb "invisible" kilojoules by helping your kids to eat their food.
10. Eat slowly and you will feel full before you eat too much.
11. Eat everything in moderation. If you really want French fries or an ice cream, it's ok to indulge a little occasionally. Keyword is occasionally. It's better to indulge a little than to binge later. Keyword again is a little.
12. Learn to cook from scratch. That way you control what you are eating.
13. Eat lots of fibre. Its surprisingly filling compared to that cupcake. It also keeps your stomach regular.
14. Eat as soon as possible after you get up. This gets your metabolism working at a higher rate sooner in the day.
15. Cut out alcohol or reduce your intake to one or two glasses a week. You can gain as much weight with alcohol as with food.
16. Try to enjoy your food. Eat it slowly and consciously.
17. Positive change is easier than negative change. Instead of thinking of foods that are "Bad" and that you feel that you need to cut it out, think about all the new recipes and food you will get to try if you start with experimenting with more vegetables, more beans, more spices, etc.
18. Don't count kilojoules after you have eaten them, count them before.
19. Create a routine for what you want eat –for a month do not think of food as something to be enjoyed, think of it as fuel.
20. Eat nothing that you have not bought yourself, cooked yourself and cleaned up after. This way laziness works in your favour. If you don't feel like going to the store, or if you have stuff but don't feel like cooking it, or cleaning up afterwards you are less likely to eat.
21. If you're a stress eater, try sunflower or pumpkin seeds. Lots of chewing, not many kilojoules. Just remember – you can over eat on these as well.
22. Reduce the intake of three white things – white flour (All-purpose flour), salt and sugar.
23. NO fat foods - Period