

Making a Plan for Change

Small, practical changes that support health and wellbeing.



Microboards
Australia

Big changes can be hard to keep.
Explore with the person what they want to change,
for example by brainstorming options, to work out
one small step they feel ready to try.



Small changes to eat well

Make snacks and shopping easier



Snack smart

Keep fruit, yoghurt, vegetables with dip, nuts, or cheese ready to choose.



Plan before shopping

Plan meals, make a list, avoid shopping hungry, and compare labels for salt, saturated fat and sugar.

Small changes to eat well

Prepare satisfying food at home



Healthier favourites

Bake, steam or grill, add vegetables, and prepare meals ahead.



Healthy breakfast

Try eggs on toast, fruit with yoghurt, dhal with a curry, or cereal with milk.

Small changes to eat well

Notice portions and feelings



Smaller portions

Try a smaller plate, eat slowly, and turn off screens.



Emotional eating

Pause and try comfort from an activity or conversation.

Small changes to eat well

Add variety and protein



Vary vegetables

Cook them differently
or try one new
vegetable.



Add protein

Add egg, tuna, tofu, nuts, beans or
lentils to familiar meals.

Small changes to eat well

Less salt, more fibre and fluid



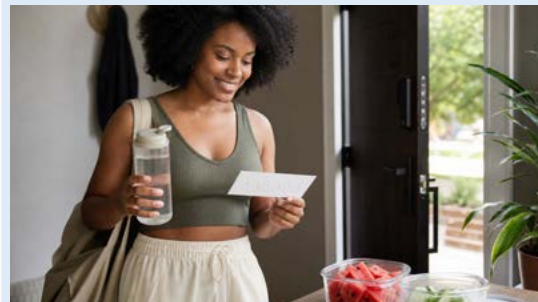
Reduce salt

Use herbs, spices, roasting or low-oil dressings.



Add fibre

Choose wholegrains, whole fruit, vegetables and seeds.



Get enough fluid

Carry a bottle, check off drinks, and choose water-rich fruit.

Small changes to eat well

Reduce ultra-processed foods



Make practical swaps

Make snacks such as popcorn or roasted chickpeas. Cook more meals at home. Swap sugary cereal for oats, processed meat for chicken or fish, and soft drink for water or milk.

Small changes to eat well

Build routine and predictability into the person's meal plan

Have it available for the person to see.

Use photos if visuals work better for the person.

Help the person to set regular meal times.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 BREAKFAST Overnight oats with berries	 BREAKFAST Avocado and egg toast	 BREAKFAST Greek yoghurt, fruit and oats	 BREAKFAST Porridge with banana and cinnamon	 BREAKFAST Vegetable omelette with wholegrain toast	 BREAKFAST Wholegrain pancakes with fruit	 BREAKFAST Muesli with milk and fruit
 LUNCH Chicken and salad wrap	 LUNCH Lentil vegetable soup	 LUNCH Tuna and bean salad	 LUNCH Hummus and vegetable sandwich	 LUNCH Chickpea and quinoa bowl	 LUNCH Salmon and avocado salad	 LUNCH Roast chicken and salad
 DINNER Baked salmon, quinoa and vegetables	 DINNER Chicken stir-fry with brown rice	 DINNER Lentil dhal with vegetables	 DINNER Grilled fish, sweet potato and greens	 DINNER Chicken and vegetable curry	 DINNER Bean chilli with brown rice	 DINNER Wholemeal pasta with tomato and vegetables
 SNACK Apple and almonds	 SNACK Yoghurt with berries	 SNACK Air-popped popcorn	 SNACK Pear and walnuts	 SNACK Roasted chickpeas	 SNACK Carrot sticks with hummus	 SNACK Banana with peanut butter

The person does not have to change everything at once. They can talk with a doctor, dietitian or nutritionist if helpful. Support people to think about one thing they want to try this week.



This is just the beginning.

Review and reflect.

What's working? What's not working?

What can we do differently?

What would you like to try next?

