

Making a Plan for Change

Preparing to plan – things to consider



Microboards
Australia

It important to eat well to have energy, strength and wellbeing

Eating well can help us have energy, keep muscles and bones strong, fight sickness, feel and sleep well, support digestion, and maintain a healthy weight.

Eating well helps our body and mind work well, now and as we get older.



It is important to approach planning to eat well carefully, and being sensitive to the person's needs and preferences.

- **Pleasure and comfort**
- **Looking forward to food**
- **Soothing and self-regulation**
- **Relationships and connection**
- **Routines and daily patterns**
- **Difficult experiences or feelings**



Which health outcomes matter to the person?



Energy for moving



Energy for thinking



Better mood



Sleep



Build muscles



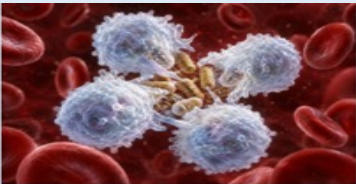
Repair skin & wounds



Blood sugar & cholesterol



Less inflammation



Immunity



Digestion & bowels



Nervous system



Bones and teeth

Mapping the foods a person likes, and do not like



Vegetables



Whole fruits



Protein



Complex
carbohydrates



Healthy fat



Fibre



Recipes



Other foods

Are foods which the person likes and which are good for their health currently included in their meal plans?



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

