



Stay at home, protect the NHS, save lives.

Healthy Meal & Snack Routines

Keeping to daily routines is important as we all get used to spending more time at home. Sticking to a routine around meals & snacks can provide structure to the day. Try to snack because you are hungry, because it's a long time between meals, or because you're planning an exercise session – not just because the food is there. Try having a drink first – we often mistake hunger for being thirsty, so have a large glass of water and if you are still hungry after ten minutes, then have a snack as well. For further 'Snack Attack' strategies click below:

<https://www.bda.uk.com/resource/healthy-snacks.html>

