

Kickstart

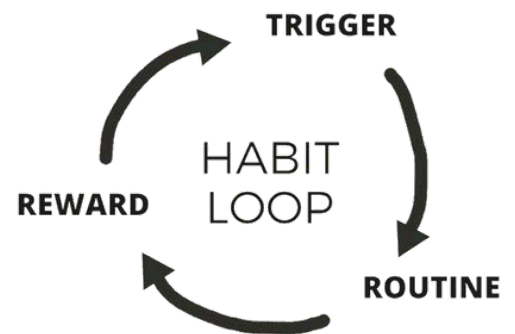


"You are what you repeatedly do"

What is a habit? A routine of behaviour that is repeated regularly and tends to occur subconsciously.

Willpower is a limited resource that wears out over the day and is very low when you are tired or stressed – not something to rely on to keep you on track with your wellbeing goals. Focusing on creating good habits is much more effective.

To build new healthy habits think about creating a habit loop for your new goal.



5 Habits to Kickstart Your Wellbeing	MON	TUE	WED	THU	FRI	SAT	SUN
1. Slept for 7-9 hours							
2. Ate 5-6 handfuls of vegetables							
3. Ate within an 8-12 hour window							
4. Moved my body for at least 20 minutes							
5. Drank 2-3 litres (> 8 cups) of water							

Make it happen!



Aim for for 7-9 hours of sleep

1. Have a consistent bed time and wake up time
2. Dim the lights to prepare your body and mind for sleep
3. Avoid using devices at least an hour before going to bed
4. Limit caffeine and alcohol



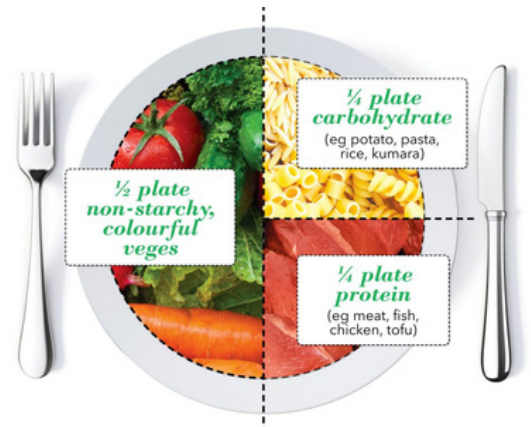
Eat 5-6 handfuls of vegetables every day

1. Increase the amount of vegetables you are eating at each meal - including breakfast (Carrot Cake Overnight Oats and smoothies)!
2. Try salads, coleslaw, frozen vegetables, canned legumes and beans
3. Bulk out meals with veg – grating them is a good idea - add extra veg to soups, salads, casseroles, stir-frys
4. Keep a container of chopped veggies in the fridge for snacks



Eat within an 8-12 hour window

1. Eat balanced meals within this window
2. Make it easy to access healthy food, and harder to access highly-processed food
3. Include 20-25gm of protein every meal
4. Include fibre daily 28g women/38g men
See guidelines on the following pages



Move for at least 20 minutes a day

Exercise has been shown to improve your physical health, mental health, sleep quality, and overall quality of life.

Exercise:

- Find what you enjoy
- Find a time of day that works best
- Make it a priority and schedule it in
- Something is better than nothing

"Snacktivity":

- Park further away
- Active transport to work
- Take the stairs
- Have walking meetings



Drink 2-3 litres of water daily

1. Start early with fluid intake - have a large glass or two
2. Pair drinking with other habits that you do often – walking, reading, working...
3. Use a water bottle and keep it topped up when you're on the go
4. Have water accessible and in sight - try keeping a jug at the fridge

Recommended maximum levels of caffeine

Under 18 years old No more than 3mg of caffeine per kg in a single serving



E.g. for a 40kg child, 3mg x 40kg = 120mg

Over 18 years old MAXIMUM 400mg caffeine per day (from all sources)



MAXIMUM 200mg in a single serving

Pregnant & breastfeeding



MAXIMUM 200mg per day (from all sources)

How much caffeine in a single serving?



If you want to cut back on how much tea and coffee you are having, try these alternatives:



herbal tea (caffeine free)



flavoured water with fruit/vege


















sparkling water















How much protein is in that?

Plant based protein

 Small block tofu 170g = 21g	 Baked beans 1/2 large can = 11g	 Chickpeas 1 cup/175g = 11g
 Shelled edamame 1/2 cup/75g = 10g	 Soy milk 250ml = 10g	 Grainy bread 2 slices = 8g
 Uncooked pasta 1/2 cup = 7g	 Cooked quinoa 1 cup = 7g	 Natural mixed nuts Handful/30g = 6g
 Rolled oats 1/2 cup = 5g	 Green peas 1/2 cup = 4g	 Peanut butter 1 Tbsp = 4g
 Corn cob 1/2 cob (100g) = 4g	 Almond milk 250ml = 2g	 Sunflower seeds 1 Tbsp = 1g

Animal based protein

 Canned tuna 95g = 24g	 Chicken breast (uncooked) 100g = 23g	 Beef steak (uncooked) 100g = 22g
 Salmon (uncooked) 100g = 20g	 Hoki fish (uncooked) 100g = 15g	 Eggs 2 eggs = 11g
 Mussels (without shell) 1/4 cup/62g = 11g	 2 slices cheese 40g = 11g	 Plain yoghurt 200g = 10g
 Medium latte 300ml = 9g	 Cows milk 250ml = 9g	 Cottage cheese 2 Tbsp = 4g

Recommended daily requirements?

20 - 25g at every meal



www.missionnutrition.co.nz

clinic@missionnutrition.co.nz

































How much fibre is in that?

Use the guide below to amp up your fibre intake!

Wholegrains and legumes are great ways to boost the fibre in your meals.

Women = 28g
Men = 38g

What's my minimum daily requirements for disease prevention?

BREAKFAST	 Frozen Berries 1/2 cup = 4g	 Banana 1 med = 2g	 Baked Beans 1/2 cup = 7g	 Weet-Bix 2 bricks = 3.5g	 Wholegrain Oats 1/2 cup = 6g	 Wholegrain Cereal 3/4 cup = 6g	 Chia Seeds 1 tbsp = 4g	 Soy Linseed Bread 2 slices = 5.5g
LUNCH	 Salad Greens 1 cup = 1g	 Avocado 1/4 med = 2g	 Mixed Seeds 2 tbsp = 2g	 Vita Wheat 9 Grain 4 crackers = 3g	 Ryvita 2 crackers = 3g	 Pear 1 med = 4g	 Four Bean Mix 1/4 cup = 7g	 Wholemeal Wrap 1 wrap = 2.5g
DINNER	 Potatoes 2 small = 2.5g	 Kumara 1/2 cup = 3.5g	 Quinoa (cooked) 1 cup = 4g	 Brown Rice (cooked) 1 cup = 3g	 Lentils (cooked) 1/2 cup = 3.5g	 Chickpeas (cooked) 1/2 cup = 6g	 Vegetables (cooked) 1 cup = 5g	 Wholemeal Pasta (cooked) 1 cup = 6g
SNACKS	 Dried Figs 2 = 4.5g	 Low-fat Hummus 3 tbsp = 3g	 Almonds 20 nuts = 3g	 Apple 1 med = 3.5g	 Peanut Butter 1 tbsp = 3g	 Carrot & Celery Sticks 1 cup = 2.5g	 Plain Popcorn 2 cups = 3g	 Psyllium Husk 1 tbsp = 5g

Approximate calculations only.

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 clinic@missionnutrition.co.nz


Mission Nutrition
Dietitians & Nutritionists

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Create positive changes that last.

If you want to make it easier to live a healthier life, boost your mood and create new healthy habits to help you keep on track, Claire's planner is what you need!

The planner has been specifically designed without dates so you can start using it whenever you like! It is the perfect size to fit in your bag and with its beautiful cover, it is both stylish and durable.



- ✓ Daily and weekly planners
- ✓ Weekly challenges focused around nutrition, exercise, sleep and mental wellbeing
- ✓ Goal setting and tracking
- ✓ Space for your TO DO list and notes pages
- ✓ Healthy habit reminders
- ✓ Healthy recipes
- ✓ Inspirational quotes
- ✓ Mindfulness exercises
- ✓ Gratitude reminders
- ✓ Undated so can be started at any time



[Click here](#) for more information and to order your planner

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Dietitians & Nutritionists

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There is so much conflicting information out there when it comes to nutrition. We cut through the confusion and find solutions that are right for you.

- Personalised, realistic nutrition advice to suit your lifestyle
- Evidence-based
- Holistic: how you sleep, move and think all impact your wellbeing
- Behaviour-change focus, rather than templated generic meal plans
- Empowering you to make changes that can last

If you have health insurance, check your policy as you might be able to claim back the cost too!

For more information visit www.missionnutrition.co.nz