



Healthy Eating Goals

There may be things you would like to change about how you eat after reading the information about healthy eating. You might like to use the Healthy Eating Goal form on the next page to help you think about the things you would like to achieve, and how you will work towards them.

My healthy eating goals



Use this form to set yourself goals to work towards on a monthly basis. It is best to take small steps gradually rather than try to change everything at once. If you don't meet your monthly goal, don't worry about it, just set a new goal for the next month and try again. Here's an example to get you thinking.

My goal for this month is:

Reduce fatty foods in my diet

How did I do?	What problems did I have?	How could I solve them?
Ok in general, stopped eating crisps and have switched to skimmed milk	Went out for a meal and it came with cream sauce	Ask for sauce to be served separately

You can talk to your Doctor or ask to see a Dietician if you would like more help and advice.

You can download more copies of this form from
www.diabetes.org.uk/scotland/diabetesandme



My main aim for eating healthily is:

Month 1

My goal for this month is:

How did I do?	What problems did I have?	How could I solve them?

Month 2

My goal for this month is:

How did I do?	What problems did I have?	How could I solve them?

Month 3

My goal for this month is:



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How did I do?	What problems did I have?	How could I solve them?

Month 4

My goal for this month is:

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How did I do?	What problems did I have?	How could I solve them?