



CATCH 

Country Access To Cardiac Health.

	BREAKFAST	LUNCH	DINNER	SNACKS	EXERCISE
MON					
TUES					
WED					
THURS					
FRI					
SAT					
SUN					



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*Before you eat, think if you are really hungry or not. Have a drink of water before you eat, the hunger pains you are feeling could be thirst instead.

*Think about the speed that you are eating at. If you eat slower you are more likely to enjoy the flavours, and it will help your stomach to register when it is full.