

# Avoiding extra sugar - example

## Examples of changes you may find appropriate:

Tell the client they should avoid extra sugar so they can either:

- Give up sweet drinks and biscuits. (This includes diet drinks.)
- Just drink tap water, light milk, tea and coffee with no added sugar.
  
- Try and eat some vegetables.
- Try different vegetables.
- Go to the market and walk around, carry the vegetables I buy.
  
- Make my own packed lunches.
- Don't get fast food every day.

## Examples of Goals the client may find appropriate:

- Drink tap water and buy just one coffee a day.
- Make packed lunches for me and the family.
- Only eat out on Friday
- Avoid parts of the supermarket where the sweets and drinks are.
- Stop eating at my desk.
- Stop eating while watching television.
- Buy & cook some leafy vegetables this week.

Name:	Date:
<b>Patient's Plan – Goals or tasks</b>	Achievement

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