

Fact Sheet

Central Adelaide Local Health Network

Diabetes Education Service

Goal setting

Making lifestyle changes is not always easy. Setting lifestyle goals that are realistic, achievable and sustainable may help.

- > Set realistic goals. Setting a goal of weight loss may not be realistic or guaranteed especially within a short timeframe.
- > Set achievable goals, such as changing to skim milk instead of full cream. It is specific and you can identify whether you have achieved the goal.
- > If you don't succeed reset your goal to make it achievable for yourself.
- > Remember behavioural changes can assist you in reaching your most healthy weight.
- > Making lifestyle changes can be difficult and challenging. Reward yourself for achieving your goals e.g. go to the movies, have a massage.

Answering these questions may help you work out your goals	Yes	No
Do you limit food and drinks high in sugar and fat such as cordial, soft drink, sweet biscuits, sweet pastries, cakes and sugar to once a week or less?		
Do you eat 3 meals a day?		
Do you limit margarine / butter on your bread and crackers?		
Do you eat fried food less than once a week?		
Do you choose lean cuts of meat?		
Do you trim the fat off meat and/or skim the fat off casseroles and soups?		
Do you take the skin off chicken?		
Do you eat fish at least twice a week?		
Do you use low fat cooking methods, such as grilling, stewing, baking on a rack or barbecuing without added fat?		
Do you limit crumbed and battered food?		
Do you limit high fat snacks? e.g. potato crisps, chocolate and sweet biscuits		
Do you eat legumes (e.g. baked beans, kidney beans) at least once a week?		
Do you eat wholegrain or wholemeal bread?		
Do you eat a high fibre breakfast cereal?		
Do you avoid adding salt to your meals and using salt in cooking?		
Do you use low fat milk, yoghurt and cheese instead of full cream varieties?		
Do you eat at least 5 serves of vegetables every day? 1 serve = ½ cup cooked vegetables or 1 cup salad vegetables		
Do you eat 2 serves of fruit every day? 1 serve = 1 medium fruit		
Do you limit your alcohol intake to 2 standard drinks a day or less?		
Do you include physical activity for 30 minutes or more at least 5 times a week?		

If you have answered 'yes' to most of these questions you are doing very well!



