

The safe foods fridge list

Safe foods are the handful of things you know you'll eat, every time, without having to plan, decide or push yourself. Write yours down on a good day, because on a bad one you won't remember a single thing you like.

A SAFE FOOD PASSES ALL FOUR OF THESE

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|---|-------------------------------|---|---|
| 1 | It tastes the same every time | 2 | It takes under ten minutes, or no time at all |
| 3 | There are no decisions in it | 4 | It keeps — it's there when you need it |

MINE

HAS PROTEIN

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

IF YOU'RE STUCK, THESE COME UP MOST

- Toast, same topping every time
- Beans on toast
- Plain pasta, butter and cheese
- A bowl of the same cereal
- Instant noodles
- Crackers and cheese
- Frozen pizza, nuggets, fish fingers
- Boiled eggs, done in a batch

HOW TO FILL IT IN

- 1 Write what you **actually** reach for when things are hard. Not what you think you should.
- 2 Run each one through the four tests. Cross off anything that needs a decision.
- 3 Aim for five to ten. Fewer and you get sick of them. More and you're choosing again.
- 4 Make sure one or two have protein in. They keep you going longer than toast alone.
- 5 Put them on a permanent shopping list. A safe food you've run out of is no use.

A safe food can stop feeling safe if you eat it every day. If one starts to feel wrong, drop it for a while and lean on the others. If your list keeps shrinking, or you're losing weight without meaning to, that's worth a word with your GP.