

# Fuel for the body

## How to start today

Choose a new habit you would like to work on in your everyday life

- Avoid products where sugar, syrup, glucose or fructose is among the first 3 ingredients
- Avoid sugary drinks
- Avoid products with ingredients your grandmother would not recognise
- Avoid "light" and sugar free products
- Only eat products with maximum 5 ingredients on the ingredients list.



Scan to learn more about The Movement and the Food experiment.



Let's work it out together

## My commitment

Research shows that writing down a specific habit change, together with when, how often and where you will do it, makes it easier to follow through.

I commit to:  
(example: Avoid sugary drinks)

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When: \_\_\_\_\_  
(example: All day)

How often: \_\_\_\_\_  
(example: 5x/week)

Where: \_\_\_\_\_  
(example: At work and at home)

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