

# TINY DIET CHANGES

Making tiny changes to your diet can add up to a big difference in your experience of pain. Choose one tiny change each week and tick it off daily to track your progress. Over four weeks small changes can add up to big benefits!

## DAILY DIET CHANGES

Choose a tiny change or write your own. You can then tick it off every day to keep track.

- Drink a glass of water with breakfast
- Eat a square of dark chocolate
- Have 3 tablespoons of plain natural or Greek yoghurt each day
- Have a handful of blueberries, raspberries or strawberries as a snack or after a meal
- Swap white rice, pasta or bread to brown rice, whole wheat pasta, sourdough or wholegrain bread
- Take a vitamin D or Omega 3 supplement with breakfast (put it by the kettle to remind you!)
- Swap crisps for salted popcorn
- Drink a cup of unsweetened black tea, black coffee, green tea, or herbal/fruit tea
- Include a tablespoon of olive oil in your lunch or dinner
- Eat a handful of nuts, mixed nuts or seeds with breakfast or lunch
- 

## TINY CHANGES TRACKER

Tick off your tiny change every day.

### Week 1

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

### Week 2

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

### Week 3

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

### Week 4

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

**MY REWARD FOR COMPLETING FOUR TINY DIET CHANGES WILL BE:**