

# Commit to Losing Weight: Make Long-Term Changes!

Here is how  
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found success.

I used to weigh 150 pounds (68 kg). I was able to lose weight by eating smaller portions of the foods I like and walking regularly. I also eat fewer fatty foods and sweets and more fruits and vegetables. After I lost 20 pounds (9.1 kg), my blood pressure went down. Now I stay at a healthy weight while still enjoying what I eat and walking on most days.



## Try these tips to get started.

- ♥ Eat fewer foods that are high in saturated fat—such as fried foods, pork rinds, canned meats, and sausage.
- ♥ Cut down on cakes, pastries, candy, and soft drinks.
- ♥ Eat more fruits, vegetables, and whole grains. 
- ♥ Make stews with lean meat or skinless poultry and vegetables.
- ♥ Serve small portions, and eat salad if you are still hungry. Do not skip meals. 
- ♥ Aim for 60 minutes of physical activity each day.

**Make your personal pledge to do what the de la Cruz family is doing! Look at these examples:**

### When shopping

Read labels to choose foods lower in calories.

### When cooking

Bake, steam, broil, or grill fish instead of frying it. Use vegetable oil spray instead of greasing the pan with oil or shortening. 

### When eating

Have green beans and steamed rice with one piece of chicken instead of three pieces of chicken alone.

### Get active

If pressed for time, walk for 20 minutes three times a day: before work, during lunch, and with the family after dinner. 

**Your health and that of your family is priceless. Value it!**