

Pledge for Life! Session 6

Take the pledge for life with Lola Idad. Try to do at least one of these activities by yourself or share them with others.

- Know your BMI number.
- Know your waist measurement.
- Know the appropriate serving sizes for food and drinks.
- Shop for low-fat, low-calorie foods and drinks using the Nutrition Facts label.
- Choose a variety of fruits (fresh, frozen, or canned in fruit juice) and unsalted nuts for healthy snacks.
- Exchange heart healthy recipes with your friends and family.
- Avoid taking second helpings of food.
- When eating out, go to buffets less often. When getting carryout food, make healthy choices and select smaller serving sizes.
- Support your friends and family in their efforts to maintain a healthy weight.
- Other _____