

# Pledge for Life! Session 8

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

- ☐ Learn the serving sizes for foods.
- ☐ Limit the intake of saturated and *trans* fat, cholesterol, and sodium, as well as added sugar.
- ☐ Eat smaller portions of food, starting with smaller portions of meat, steamed rice, and noodles.
- ☐ Avoid having second helpings of food.
- ☐ Choose a variety of fruits and unsalted nuts for healthy snacks.
- ☐ Bring carrot and celery sticks to work for a snack.
- ☐ Add fruits, like bananas or raisins, to cereal or oatmeal.
- ☐ Choose fewer snacks that are high in fat, sodium, and added sugar.
- ☐ Choose water or sugar-free drinks.
- ☐ Share heart healthy recipes with your family and friends.
- ☐ Other \_\_\_\_\_