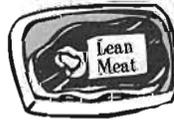


Tips To Help You Control Your Weight

1. Choose foods low in fat and low in calories. Try:

- ♥ Fat-free milk or low-fat (1%) milk
- ♥ Cheeses labeled “fat free” or “low fat” on the package
- ♥ Fruits and vegetables without butter or sauce. Fruits and vegetables are low in calories and help you feel fuller.
- ♥ Rice, beans, cereals, corn tortillas, and whole-grain pasta
- ♥ Lean cuts of meat and fish and skinless turkey and chicken
- ♥ Water or low-calorie drinks instead of soft drinks and fruit drinks with added sugar



2. Make foods the healthy way.

- ♥ Bake, broil, boil, or grill instead of frying foods.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Use less high-fat cheese, cream, and butter when cooking.
- ♥ Use vegetable oil spray or a little bit of vegetable oil or tub margarine when cooking.
- ♥ Flavor salads with fat-free or low-fat mayonnaise or salad dressing.



3. Limit your portion size.

- ♥ Serve smaller portions, and don't have second helpings. Have a salad if you are still hungry.
- ♥ Eat smaller meals and snacks throughout the day instead of having one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurants now serve food portions that are too big. Share an entree, or bring half home.
- ♥ If you drink fruit juice, make sure it is 100 percent fruit juice. Keep an eye on the portion size. The calories in beverages add up quickly.

4. Get active! Say goodbye to excuses!

- ♥ Do your favorite physical activity for at least 60 minutes each day.
Try this: If you are pressed for time, walk for 20 minutes three times a day.

5. Aim for a healthy weight.

- ♥ Try not to gain extra weight. If you are overweight, try to lose weight slowly. Lose about 1 to 2 pounds a week. Losing even 10 pounds can help reduce your chances of developing heart disease.

