

# Tips to Help You Control Your Weight

## 1. Eat foods low in fat and calories, like:

- Fat-free or low-fat (1%) milk.
- Cheeses labeled “fat free” or “low fat” on the package.
- Fruits and vegetables without butter or sauce.
- Brown rice, beans, whole-grain 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 sugar-filled fruit drinks.



## 2. Make foods the healthy way.

- Bake, broil, boil, or grill instead of frying foods.
- Cook foods 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 green leafy 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 entrée or bring half home.
- If you drink fruit juice, make sure it is 100% fruit juice. Keep an eye on the portion size. The calories in sweetened beverages add up quickly.



## 4. Get active! Say goodbye to excuses!

- Do physical activities with moderate effort for at least 10 minutes for a total of 2 hours and 30 minutes each week.
- If ready, do physical activity with vigorous effort for at least 10 minutes for a total of 1 hour and 15 minutes each week.
- Aim to be active for at least 10 minutes at a time.
- Lift weights at least 2 days each week.



## 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.



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