



Ms. Diane's Healthy Lifestyle

Losing weight means making long-term changes.

Here's how Ms. Diane found success.

I've had diabetes for 25 years. I used to weigh 200 pounds. I was able to lose weight by eating smaller portions of the foods I like. I also eat fewer fatty foods and carbohydrates and more fruits and vegetables. After I lost my first 25 pounds, my back and foot problems went away. Now I stay at a healthy weight and control my diabetes while still enjoying what I eat.





Ms. Diane's Healthy Lifestyle (continued)

Try these tips to get started.

- ♥ Eat fewer foods that are high in saturated fat—such as fried chicken, pork rinds, and sausage.
- ♥ Cut down on bread, cakes, pastries, candy, potatoes, rice, and soft drinks.
- ♥ Eat more fruits, vegetables, and whole grains.
- ♥ Make stews with lean meat, fish, or beans and vegetables.
- ♥ Serve small portions, and eat more salad or other vegetables if you're still hungry. Don't skip meals.
- ♥ Get 2½ hours of physical activity each week. That's just 30 minutes a day or 10 minutes 3 times a day.

Make your personal pledge to do what the Harris family is doing!

Look at these examples:

When shopping

Read labels to choose foods lower in fat, carbohydrates, and calories. Don't buy foods that will tempt you.

When cooking

Bake fish instead of frying it. Use a vegetable oil like corn, canola, safflower or olive oil (not palm or coconut) instead of butter or lard to grease the pan.

When eating

Have one cup of green beans and half a cup of rice with one piece of chicken instead of three pieces of chicken alone.

Get active

Walk for 10 minutes 3 times a day. Dance with your family for 20 minutes. Lift weights before work for 10 minutes.

Write the changes you'll try to make this week:

Your health and your family's health are priceless. Invest in good health!