



Tips To Help You Control Your Weight

1. Choose foods low in fat, carbohydrates, and calories.

Try:

- ♥ Fat-free or low-fat (1%) milk
- ♥ Cheeses labeled “reduced fat”
- ♥ Fruits and vegetables without butter or sauce
- ♥ Unsweetened tea or sparkling water
- ♥ Small portions of brown rice, beans, cereals, corn or whole wheat tortillas, and whole-grain pasta and baked goods
- ♥ Lean cuts of meat, fish, and skinless turkey and chicken

2. Make foods the healthy way.

- ♥ Bake, broil, roast, or grill instead of frying foods.
- ♥ Cook beans and rice without lard, bacon, or fatty meats.
- ♥ Avoid cream, butter, lard, and high-fat cheese.
- ♥ Use a vegetable oil like corn, canola, safflower, or olive oil (not palm or coconut), and use only small amounts when cooking.
- ♥ Use fat-free or low-fat mayonnaise or salad dressing.

3. Limit your portion size.

- ♥ Eat smaller portions, and don't have second helpings. Have more salad or other vegetables if you're still hungry.
- ♥ To control your hunger, eat smaller meals or healthy snacks during the day, instead of one big meal.
- ♥ When eating out, watch your portion sizes. Many restaurant portions are too big. Share an entree, or bring half home.
- ♥ If you drink fruit juice, make sure it's a small portion of 100% fruit juice. The calories in beverages add up quickly.

4. Get active! Say goodbye to excuses!

Be physically active for at least 2½ hours a week—10 minutes of activity 3 times a day counts as 30 minutes.

- ♥ If you enjoy the outdoors, try biking or hiking.
- ♥ Play with the children in your life.
- ♥ Check out swimming options near you.
- ♥ Think of physical activity as a special time to refresh your body and mind.

5. Aim for a healthy weight.

Try not to gain extra weight. If you're overweight, try to lose about 1 to 2 pounds a week. Losing even 10 pounds reduces your risk of heart disease.