

Tips for **Healthy Eating**

To be healthy, make smart choices. To weigh less, eat fewer calories and move more.

- ☐ *Eat breakfast.*
- ☐ *Eat 5 total servings of fruits and/or vegetables per day. The fiber, vitamins, and minerals help reduce your risk of some cancers and will help fill you up with a minimum amount of calories.*
- ☐ *Cut back on regular soft drinks. Have water or try calorie free drinks. Drink 6-8 (8 oz.) glasses of water per day.*
- ☐ *Cut down on the amount of food ye eat. Take less if you are serving yourself.*
- ☐ *Order the smallest portion size on the menu when eating out. If you cannot get a small size, split the meal with someone, or put ½ in a box before you eat to take home.*
- ☐ *Eat 5-6 small meals per day. This gives the body a steady flow of energy throughout the day. This keeps you more alert, increases performance, improves memory, and elevates mood. A sample small meal would be: ½ bagel with 2 tsp. of reduced calorie cream cheese and 1 cup of strawberries.*
- ☐ *Eat 3 servings of low-fat dairy products per day. This includes milk, yogurt, and cottage cheese.*
- ☐ *Read food labels for serving size, calories, and fat.*
- ☐ *Choose whole grains, breads, and pastas that are high in fiber.*
- ☐ *Get at least 30 total minutes of physical activity per day. Some are listed on the “Get Active!” page.*