



Take Control!

Don't skip meals:

Try for 3 per day and space 4-5 hours apart

Eat smaller portions

Eat out less-no more than 3 times a week

Include healthy foods everyday: vegetables fruit,
whole grains, nuts, beans and peas, low-fat dairy

Be physically active start with 10 minutes each day and work up

Avoid sugar-sweetened beverages and fruit juice.