

Each Day Counts.

Simple actions amount to BIG changes. Remember these tips to achieve a healthy weight.

Prioritize Fruits and Vegetables



- Fill half your plate with veggies, and enjoy several servings of fruit each day.³

Make Half Your Grains Whole

- Choose grains in their whole form, instead of refined form.
- Whole grains will help lower total cholesterol, and protect against chronic diseases like Type 2 Diabetes.⁴



Drink Plenty of Water



- Aim for 6-8 glasses each day.
- Prioritizing water will help promote a healthy weight.⁵

Whenever Possible, Choose

- Reduced fat dairy options like skim milk, and reduced fat cheese.
- Reduced sodium options for lunch meat, canned goods, and sauces.^{6,7}



Limit Fast Food and Sugary Beverages

- Limit these items as much as possible.
- High intake of fast food and sugar-sweetened beverages contributes to overeating and weight gain.
- These options, including fruit juice should be consumed sparingly.^{8,9}



Move Every Day.

- Exercise can be simple and fun. Just remember to move your body.
- Aim for 60 minutes each day.
- Make exercise part of your daily routine.
 - Go for a walk with friends or play soccer, basketball, tennis at local parks.
 - Find what works for YOU.
- Not only will moving feel good, but exercise can help enhance weight loss efforts and improve your health for many years to come.¹⁰

