



## Tips for maintaining a healthy weight

### **Choose sugar-free beverages or low-fat milk only.**

Choose sugar-free beverages, water or low-fat (skim, one-half percent, and 1 percent) milk.

Limit milk to 16 to 24 ounces per day. Avoid flavored milks, including fat-free versions.

### **Limit fast food consumption to one time or less per week.**

Choose plain hamburger kid's meal with water, diet soda, or skim milk.

Try a grilled chicken sandwich ordered without mayonnaise with a piece of fruit from home.

Try a 6-inch, low-fat Subway sandwich (ordered without mayonnaise, cheese, or oils), with baked chips or pretzels.

Avoid burgers with double meat, cheese, bacon, mayonnaise, and super-sized french fries.

### **Choose three meals with one snack per day.**

Great breakfast ideas: two pieces whole wheat toast with a glass of skim milk; small bowl of cereal such as bran flakes, Cheerios or old-fashioned oat meal with skim milk; or a fat-free yogurt and a piece of fresh fruit.

Great snacks include fresh fruit, fat-free yogurt, or low-fat popcorn.

Limit snacks to one serving size.

Try the Plate Method at dinner. Design a dinner plate with one-half a plate of vegetables, one-quarter plate of lean meat, and one-quarter plate of starch or starchy vegetables (potatoes, corn, or peas). Avoid second helpings.