

Tips for Healthy Weight Loss

Eating—It's All in the Timing

- 1** Start your day with a healthy breakfast. Good choices include oatmeal, low-fat or fat-free yogurt, fruit and whole grain toast.
- 2** Eat slowly. It takes about 20 minutes to start feeling full.
- 3** Stop eating two hours before you go to bed.



Turn over to find out why
“It's All in the Timing.”

Eating—It's All in the Timing

People who eat breakfast weigh less — breakfast can help you resist snacking before your next meal.

People who eat too fast often eat too much.

Calories consumed before bedtime tend to be extra, unnecessary calories.



Taking small steps can make a big difference.

Tips for Healthy Weight Loss

Fruits and Vegetables—the More, the Merrier

- 1** Choose a piece of fruit instead of juice at breakfast.
- 2** Fill half your lunch and dinner plates with vegetables such as a salad, steamed broccoli or green beans.
- 3** Snack on fruits and vegetables instead of candy, cookies and chips.

Turn over to find out why “the More the Merrier.”



Fruits and Vegetables— The More, the Merrier

**Fruits and vegetables
help keep you healthy—
and fill you up
on fewer calories.**



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Tips for Healthy Weight Loss

Get a Move On

- 1** Walk briskly 30 minutes 5 times a week.
- 2** Get off the subway or bus one stop early and walk the rest of the way.
- 3** Take the stairs.



Turn over to find out why you should “Get a Move On.”

Get a Move On

**Walking burns calories,
improves heart health, and
strengthens muscles.**

It also improves your mood.

 **obesity**

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Tips for Healthy Weight Loss

Drink Smart

- 1** Choose water.
- 2** Instead of drinking juice, eat fresh fruit.
- 3** Limit high-calorie drinks such as regular soda, juice, sweetened tea and coffee drinks and alcohol.

Turn over to find out why you should "Drink Smart."



Drink Smart

Water has no calories,
sugar, salt, cholesterol or fat.

It's the perfect health
beverage—and it's free!

You don't want to drink
your calories. Save your
calories for food.



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Tips for Healthy Weight Loss

Don't be Fooled by Portion Sizes

- 1** Pay attention to portion size.
- 2** Choose the smaller size.
- 3** Split an order with a friend or take half of it home.

Turn over to find out how you're being "Fooled by Portion Sizes."



20 Years Ago



Today

Don't be Fooled by Portion Sizes

**Food serving sizes have
grown over the past 20 years
and as a result, we eat far
more calories than we need.**

**You can still eat
the foods you love—
just eat less of them.**



Taking small steps can make a big difference.