

FIRST STEPS FOR HEALTHY EATING

✓ Eat Smaller Servings



✓ Eat less Sugar

- Avoid sugar and foods that contain large amounts of sugar such as regular sodas, Kool-Aid, and desserts



✓ Eat less Fat

- Use less margarine, butter, oils, mayonnaise, nuts and salad dressings
- Avoid fried food



Fats, Oils and Sweets

✓ Eat at Regular Times

- Eat three balanced meals and a small snack at bedtime
- Do not skip meals
- Eat about the same time every day



Vegetables

Fruits

✓ Balance your Carbohydrates

- Eat about the same amount of carbohydrate foods at each meal and snack

Breads, Grains and Other Starches