



Try to eliminate  
meals with:

- High fat content
- Low fiber content
- High sugar  
carbonated  
beverages
- Increased  
portion sizes
- Low vegetable  
and fruit content
- High sodium  
content
- High carbohydrate  
content

**SIMPLE CHANGES IN EATING HABITS=HEALTHY EATING**

- **Grow your own lettuce and vegetables at home**
- **Use recipes that reduce fat and sugar**
- **Use herbs and spices versus salt**
- **Use olive, canola, corn or safflower oils versus butter, lard or shortening**
- **Create healthy snacks for young children**
- **Serve sweet potato fries or apples versus regular fries**
- **Eat frozen yogurt versus ice cream**
- **Serve fruit versus candy and dilute juices with water**
- **Drink water or beverages with low caloric content**
- **Drink fat free or low fat milk products**
- **Serve meals on/in smaller plates, bowls or glasses**
- **Use smaller serving spoons, plates and bowls and eat slowly**
- **Order from the healthy portion of the menu**
- **Eat only half of your meal when dining out or share with someone**
- **Downsize versus supersize your meal**