

Everyday Eating Tips

Small steps can help your family get on the road to maintaining a healthy weight. Choose a different tip each week for you and your family to try. See if you or they can add to the list. Here are a few:

Change Your Shopping Habits

- Eat before grocery shopping
- Make a grocery list before you shop
- Choose a checkout line without a candy display
- Buy and try serving a new fruit or vegetable (ever had jicama, fava beans, plantain, bok choy, star fruit, or papaya?)

Watch Your Portion Size

- Share an entree with someone
- If entrees are large, choose an appetizer or side dish
- Don't serve seconds
- Share dessert, or choose fruit instead
- Eat sweet foods in small amounts. To reduce temptation, don't keep sweets at home
- Cut or share high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces
- Eat off smaller plates
- Skip buffets

Change the Way You Prepare Food

- Cut back on added fats and/or oils in cooking or spreads
- Grill, steam, or bake instead of frying
- Make foods flavorful with herbs, spices, and low-fat seasonings
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and condiments
- Serve several whole-grain foods every day
- Top off cereal with sliced apples or bananas