

## **We Can! Try Tips To Eat Well and Move More**

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Choose to take small steps today! Try these tips to eat well and move more and see how easy taking small steps toward a healthier life can be.

### **Eating Well (ENERGY IN)**

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- Drink water before a meal.
- Eat half your dessert, or choose fruit as dessert.
- Avoid food portions larger than your fist.
- Drink diet soda instead of regular soda.
- Eat off smaller plates.
- Don't eat late at night.
- Skip buffets.
- Grill, steam, or bake instead of frying.
- Share an entree with a friend.
- Eat before grocery shopping.
- Choose a checkout line without a candy display.
- Make a grocery list before you shop.
- Drink water or low-fat milk over soda and other sugary drinks.
- Flavor foods with herbs, spices, and other low-fat seasonings.
- Keep to a regular eating schedule.
- Eat before you get too hungry.
- Don't skip breakfast.
- Stop eating when you are full.
- Snack on fruits and vegetables.
- Top your favorite cereal with apples or bananas.
- Include several servings of whole-grain foods daily.
- If main dishes are too big, choose an appetizer or a side dish instead.
- Ask for salad dressing "on the side."
- Don't take seconds.
- Try a green salad instead of fries.
- Eat sweet foods in small amounts.
- Cut back on added fats or oils in cooking or spreads.
- Cut high-calorie foods like cheese and chocolate into small pieces and only eat a few pieces.
- Use fat-free or low-fat sour cream, mayo, sauces, dressings, and other condiments.
- Replace sugar-sweetened beverages with water and add a twist of lemon or lime.
- Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.
- Try a new fruit or vegetable (ever had jicama, plantain, bok choy, star fruit, or papaya?)
- Instead of eating out, bring a healthy, low-calorie lunch to work.
- Ask your sweetie to bring you fruit or flowers instead of chocolate.

## Moving More (ENERGY OUT)

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- Walk your children to school.
- Take a family walk after dinner.
- Join an exercise group and enroll your children in community sports teams or lessons.
- Replace a Sunday drive with a Sunday walk.
- Do yard work. Get your children to help rake, weed, plant, etc.
- Get off the bus a stop early and walk.
- Work around the house. Ask your children for help doing active chores.
- Walk the dog to the park.
- Go for a half-hour walk instead of watching TV.
- Pace the sidelines at kids' athletic games.
- Choose an activity that fits into your daily life. Being physically active with your family is a great way to spend time together.
- Park farther from the store and walk.
- Use an exercise video with your kids if the weather is bad.
- Avoid labor-saving devices, such as a remote control or electric mixers.
- Play with your kids 30 minutes a day.
- Dance to music. Play your favorite dance music for your children and have them play their favorites for you.
- Make a Saturday morning walk a family habit.
- Walk briskly in the mall.
- Choose activities you enjoy—you'll be more likely to stick with them. Ask children what activities they want to do.
- Explore new physical activities.
- Acknowledge your efforts with non-food related rewards, such as a family day at the park, lake, or zoo.
- Take the stairs instead of the escalator.
- Swim with your kids.
- Turn off the TV and play ball at the park.
- Take your dog on longer walks.
- When walking, go up the hills instead of around them.
- Use a family activity planner to make time each day for activity.
- Buy a set of hand weights and play a round of Simon Says with your kids—you do it with the weights, they do it without.

Source: Adapted from [www.smallstep.gov](http://www.smallstep.gov)