

FOODS TO KEEP AROUND

- Fresh and frozen vegetables
- Beans, whole grain products, fruits, and vegetables
- Liquid vegetable oils
- Non-fat or low fat milk
- Lean cuts of meat

FOOD CHOICES

- Use the nutrition facts panel
- Replace high calorie foods with fresh fruits and vegetables
- Increase fiber intake



FOODS TO AVOID

- Canned vegetables and fruit
 - Solid fats
- Beverages and foods high in added sugars
- Pastries and high calories bakery products
- High-sodium foods
- Processed meats

LIFESTYLE CHANGES

- At least 30 minutes of moderate intensity physical activity on most days of the week
 - Prepare and eat smaller, more frequent meals
- Do not smoke or use tobacco products