

# Tips to Make Diet and Lifestyle Changes



## Limit saturated fats

- Lard
- Butter
- Whole milk products
- Bacon
- Processed meats

## Increase fiber intake

- Beans
- Legumes
- Fruits
- Vegetables

## Choose whole grains

- Whole wheat
- Oats
- Rye
- Barley
- Brown rice
- Wild rice
- Buckwheat

## Be active

Moderate physical activity: 30 minutes, 5 days/week

- walking
- yoga
- biking

## General Tips

- Do not smoke, or use tobacco products
- Drink no more than one alcoholic drink for women/two for men
- Reduce salt intake,
- Grill, bake, or broil fish, meat, and poultry
- Read food labels
- Track weight, physical activity, and calorie intake
- Avoid pastries and high calorie products like donuts