

To Lose Weight to Reduce Heart Disease Risk

Learning for Life

**Take Your
Time and Do It
Right!**

**The University of
Georgia
Cooperative
Extension**

**Contact your local
office at**



- **Get your waist to 35 inches or less for a woman or 40 inches or less for a man.**
- **Plan a start date and make one change at a time.**
- **Switch to water and sugar free drinks.**
- **Have a fruit at every meal.**
- **Have 1 cup of vegetables at lunch and supper.**
- **Eat smaller portions of meat, poultry and fish.**
- **Say “YES” to physical activity.**



What will you change first?

Checkmark one of the behaviors below that you want to try first to help control your weight.

- Drink water or sugar free drinks instead of sugary drinks.
- Eat 1 fruit at each meal.
- Eat a cup of green or yellow vegetables at lunch and supper.
- Keep my portion of meat, chicken or fish to the size of a deck of cards.
- Substitute beans for meat.
- Use the nutrition label to choose lower fat, lower sugar and lower calorie food.
- Season my vegetables only with light margarine.
- Eat only a half baseball portion of pasta, potatoes or rice.
- Consume only non-fat or low dairy foods.
- Take a healthy dish to a family gathering.
- Eat a low cal snack to curb my hunger before meals.
- Work up to 30-60 minutes of physical activity 5 or more days a week.



Nutrition Facts	
Serving Size 1/2 cup Servings in Bag 4	
Amount Per Serving	
Calories 155	Calories from Fat 93
% Daily Value*	
Total Fat 11g	19%
Saturated Fat 3g	15%
Trans Fat	0%
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 9%
Calcium 1%	Iron 3%

*Percent Daily Values are based on a diet of other people's misdeeds.



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