The University of Georgia Cooperative Extension

To Lose Weight to Reduce Heart Disease Risk ....

Learning for Life

Take Your Time and Do It Right!

- **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.**

The University of Georgia Cooperative Extension

Contact your local office at

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.**

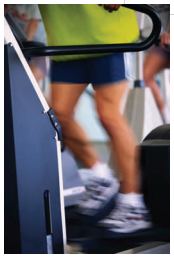
☐ **Use the nutrition label to choose lower fat, lower sugar and lower calorie food.**

☐ **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.**

Publication # FDNS-E-89-87 **Reviewed by Connie Crawley June 2011**