

**Avoid** absent-minded eating such as eating out of the bag or eating in the car.



**2** Set a time for your meals where you can sit down and eat your meal slowly.

**3** Engage in conversation at meals — it's hard to eat and talk at the same time.

## HEALTHY TOP TEN

**4** Cut cravings by taking a walk or biting into a dill pickle or lemon.



# Weight Control Quick Tips

Sites on sugary sweet snacks? **Tackle** an item on your to-do list instead.

**5**

**7** **Refuel** each day with at least 5-10g of fiber at breakfast from oatmeal, cereal, an English muffin or whole-wheat bagel; fresh fruit; and skim milk or 100% juice.

**6** **Eat more** naturally sweet fresh fruits, hearty vegetables and filling whole grains.

**8** Make appointments with yourself or a buddy for regular exercise.

Raise your **metabolism** with cardio (aerobic) exercise most days (with your doctor's OK).

**9**

**10** Make less food look like more by using a smaller **plate**.

