

1 Find your inner motivation for wanting to be a healthier you.

2 Fuel up with a healthy breakfast every day.

3 Don't skip meals. It'll just make you want to eat more food later.

4 Be snack-attack ready. Keep lower-calorie snacks on hand, such as fresh fruit, to avoid mid-morning snacking on high-calorie foods.

Wellthier by the Dozen™ 12 Terrific Tips to MANAGE WEIGHT



5 Read labels to choose foods lower in calories, fat, and added sugars.

6 Eat a mix of colorful fruits and veggies, daily, to get a balance of healthy nutrients.

7 Fill up with fiber. Choose whole grains, such as bran cereal, oatmeal, brown rice, beans, lentils, and seeds.

8 Drink about 6 to 8 glasses of water a day to help you feel full. Avoid drinks with added sugar.



9 Enjoy smaller portions of your favorite dessert occasionally to satisfy your craving for sweets.

10 Step up your physical activity. Walk, dance, cycle, or swim. Make it fun!



11 Keep track. Record what you eat and minutes and/or steps you exercise.



12 Manage stress without eating.