

**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.

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

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

**12** Manage stress without eating.

