

Tips and Suggestions on How to Lose Weight

Step 1: Eating Right

Some food you have to stop eating.

- **NO** Sodas (Pepsi, Coca-Cola, Mountain Dew)
- **NO** Kool-Aid, Hawaiian Punch, Hi-C, Gatorade, Sunny Delight
- **NO** Snapple or other Sweetened Ice Tea
- **NO** French Fries, Onion Ring, Potato Chips, Cheese Curls, Donuts

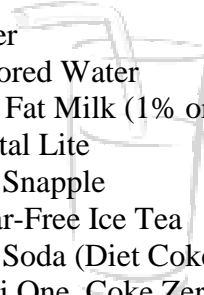
SOMETIMES FOOD

Fruit Juice (Apple Juice, Orange Juice, Grape Juice) – no more than 1 cup a day

Fast-Food Restaurants (McDonalds, Burger King, KFC, Pizza Hut, Wendys, etc) – no more than once a week

What to DRINK?

- ✓ Water
- ✓ Flavored Water
- ✓ Low Fat Milk (1% or Skim)
- ✓ Crystal Lite
- ✓ Diet Snapple
- ✓ Sugar-Free Ice Tea
- ✓ Diet Soda (Diet Coke, Diet Pepsi, Pepsi One, Coke Zero, etc)



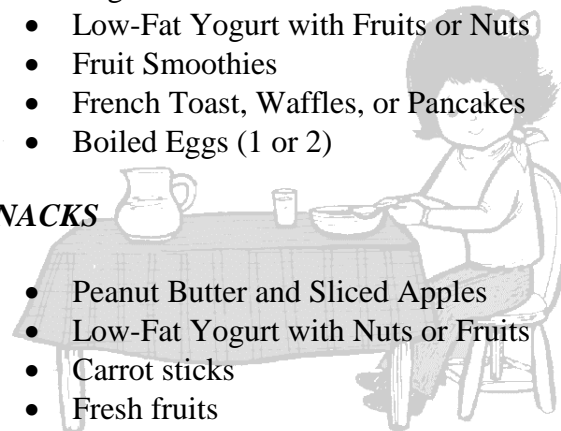
What to EAT?

BREAKFAST

- Whole-grain cereal with low-fat Milk (Total, Raisin Bran)
- Oatmeal or Cream of What
- Whole-grain toast, bagel, or an English Muffin
- Low-Fat Yogurt with Fruits or Nuts
- Fruit Smoothies
- French Toast, Waffles, or Pancakes
- Boiled Eggs (1 or 2)

SNACKS

- Peanut Butter and Sliced Apples
- Low-Fat Yogurt with Nuts or Fruits
- Carrot sticks
- Fresh fruits
- Baked Chips with Salsa
- Graham Crackers
- Dried Fruits



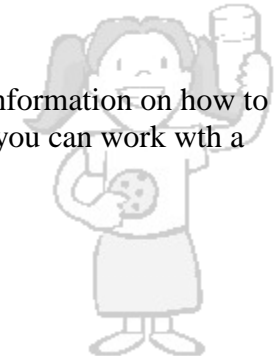
LUNCH

- Grilled or Baked Chicken with Vegetables
- Salad with low-fat dressings
- Sandwich with low-fat Mayo and just 1-2 slices of meat
- Pita Bread with Salsa and low-fat cheese
- Baked Potato with Chili
- Baked chicken nuggets
- Veggie Burger

DINNER

- Grilled or Baked Chicken with Vegetables
- Whole-grain pasta with tomato sauce
- Beef stew with vegetables
- Home-made pizza with low-fat cheese and vegetable toppings
- Steamed or Baked Fish
- Home-made Chicken Stir Fry using vegetable oils, with fresh vegetable
- Chicken Parmesan with steamed broccoli

*For more information on how to eat healthfully, you can work with a nutritionist!



Step 2: Be More Active

Spend LESS time in front of the TV,
Computer, Video games and BE MORE
ACTIVE

At least 1 hour of physical activity a day

What Can I DO?

- ❖ Play Basketball
- ❖ Play Football
- ❖ Play Baseball
- ❖ Play Soccer
- ❖ Play Tennis
- ❖ Swim
- ❖ Bicycle
- ❖ Track and Field
- ❖ Jump rope
- ❖ Dancing
- ❖ Cheerleading
- ❖ Wrestling
- ❖ Martial Arts
- ❖ Walk the Dog



Where Can I GO?

There are lots of places to go and have fun
and be active

You can try your local schoolyard or gym
Your local Police Athletic League (PAL)
Your local YMCA or YWCA