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.**

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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.**

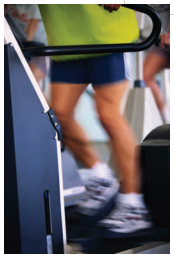
☐ **Use the nutrition label to choose lower fat, lower sugar and lower calorie food.**

☐ **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.**

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