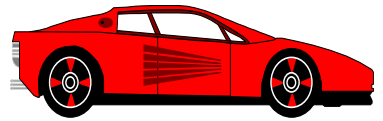


# The Road to Healthy Eating



These changes are meant to be permanent. They are guidelines for healthy eating and apply to the whole family.

1. Eat **3** meals and **2-3** snacks everyday. If you skip meals/snacks or go longer than 4 hours without food, you may become too hungry. This increases the risk for overeating -- you may be too hungry by this time!
2. Meals and snacks should be made from foods out of the **YIELD** group.  
**Meal** = 3-4 food servings + drink + "GO" foods  
**Snack** = 1-2 food servings + drink + "GO" foods
3. After eating 1 plate of food at mealtime, leave the table and wait **30 minutes** before deciding whether you are hungry or full. If you are still hungry, go back for a healthy snack.
4. Do not eat any food straight from the original package or in your room. Portion the food serving apart from the bag.
5. No food is out of the question, it is just a matter of how much and how often you put a high calorie/high fat food into your diet. These foods are called **STOP** foods. Allow your child 1 each day or **7** each week.
6. Main Fast Food **STOP** Foods:
  - Cheese
  - Fried foods
  - Regular sodas
  - Mayonnaise-based sauces
7. Increase your physical activity and decrease the time you watch TV (*You can even exercise while you are watching TV!*). Begin exercising slowly. Work up to your goal of at least 5 times each week for 30-45 minutes each time. Be sure to stretch before and after your workout.

For any questions please call \_\_\_\_\_ at (205) 939-\_\_\_\_\_