

Snack Attack

50-75 Calories

- 1 medium piece of fresh fruit or ½-1 cup of cut fruit
- 1 cup raw vegetables such as sliced peppers, mushrooms and tomatoes with 2 tablespoons hummus or fat free salad dressing
- 2 saltine crackers with 2 teaspoons peanut butter

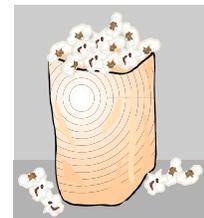


100-125 Calories

- 1 cup nonfat, sugar free yogurt with ½ cup fresh or frozen, unsweetened berries
- 1 plain rice cake with ½ tablespoon peanut butter and ½ banana sliced
- ½ cup cottage cheese with ¼ cup berries
- 1 slice of toast with ¼ cup 1% cottage cheese, sprinkled with cinnamon
- Fruit smoothie with ¾ cup nonfat yogurt and ½ cup fruit
- 1 ounce of pretzels
- 3 fig newton squares

150-200 Calories

- ½ small whole wheat pita with 1 ounce of lowfat cheese and ½ cup cooked or fresh vegetables
- 1 small corn tortilla wrapped around 1 piece of low fat string cheese with 1 tablespoon of salsa
- 1 slice bread with mustard, 2 slices turkey breast and a slice of tomato
- 1 small-medium apple with 1 tablespoon peanut butter
- ¼ cup nut and raisin mix
- 1 cereal bar or reduced fat granola bar
- 4 cups of lowfat air-popped or microwave popcorn



Sweet Suggestions

You can reduce the fat, sugar, and calories in desserts but still make them nutritious and delicious. Here are some helpful tips:

Cakes

- Try angel food cake.
- Bake with yogurt or applesauce instead of oil.
- Try fat-free whipped topping or meringue instead of frosting.
- Serve fruit as a topping.



Pies

- Make a graham cracker crust and use less oil in crust.
- Go topless (leave off top crust) or go bottoms up (cobbler).

Frozen Treats

- Try lowfat frozen yogurt, ice milk, sorbet, or sherbet.
- Buy low sugar or sugar free, low fat popsicles or ice cream bars.
- Make your own frozen treats from lowfat yogurt or 100% juice.
- Make your own milkshake or smoothie by blending frozen, canned, or cut fresh fruit and lowfat milk or yogurt. Add ice to make it extra cool and refreshing.



Puddings and Gelatins

- Choose sugar free, fat free mixes.
- Make pudding with skim milk.
- Make your own parfait by layering with fruit.

Tasty tip: Fruit can be a dessert on its own or a colorful, healthy addition to any treat.



Liquid Calories

Many beverages contain sugars, fats, and alcohol which can be major sources of calories. For weight control, it is better to eat calories rather than to drink them.

Water is the best beverage choice because it has no calories!

Limit Sugary Drinks: Instead of...

Regular soda
Sweet tea

Coffee with sugar

Fruit drink, cocktail or punch
Lemonade

Limit High Fat Drinks: Instead of...

Milkshakes

Whole milk, 2% milk
Half-and-half, creamer

Limit or Avoid Alcohol: Instead of...

Regular beer
Wine
Mixers

Choose...

Diet soda
Tea, unsweetened or with artificial sweetener
Coffee, unsweetened or with artificial sweetener
100% fruit juice with no added sugar
Diet lemonade



Choose...

Low fat yogurt/fruit smoothies
1% milk, skim milk
Fat-free half-and-half, 1% milk, skim milk



Choose...

Lite beer
Wine spritzer
Sugar-free mixers or seltzers



Water – Drink Up!



Water has major functions in the body. Drinking enough water is an important part of a healthy lifestyle and a successful weight management program. Here are some tips:

- Sometimes, we feel hungry when we are actually dehydrated.
- Don't wait for thirst! Sip throughout the day.
- Always keep a water bottle with you.
- Take "Water Breaks" throughout the day.
- Drink decaffeinated beverages or plain water with meals.
- Don't skip the water fountain – always take a sip.

How much water do we need?

- The average adult loses about 2 ½ quarts (about 10 cups) of water each day. Therefore, drinking approximately 8–12 cups throughout the day is sufficient.
- Heat, activity and diet (high protein intake, caffeine, alcohol) increase your need for water.

How can you make sure you get enough water?

- Check your urine – it should be clear and light-colored.



Dehydration: The Warning Signs

- Nausea
- Vomiting
- Headaches
- Elevated body temperature
- Dry lips and tongue
- Dry skin
- Water retention problems
- Muscle or joint soreness
- Hoarse voice
- Constipation
- Restlessness
- Muscle cramps
- Infrequent and dark-colored urine
- Light-headedness and loss of energy



Common Beverages Calories and the amount of Walking to Break Even.

Beverage	Serving size	Calories	Exercise	Minutes to Burn
Non fat milk	1 cup	90	Walking	25
2 % milk	1 cup	120	Walking	35
Cranberry Cocktail	1 cup	137	Walking	38
Orange Juice	1 cup	110	Walking	30
Jamba Juice Caribbean Passion	20 ounces	880	Walking	242
Bud "Light"	12 ounces	110	Walking	30
Bud	12 ounces	145	Walking	40
Frappuccino, Blended Coffee, Light Mocha	1 pint 8 oz Venti	210	Walking	58
Frappuccino Blended Coffee, Mocha, no whipped cream	1 pint 8 oz Venti	380	Walking	105
Burger King Chocolate Milk Shake	1 pint 6 oz Medium	654	Walking	180
Dairy Queen Oreo Cookie Blizzard	11.8 oz Medium	690	Walking	190
Coca Cola	1 pint 4 oz	239	Walking	66
Gatorade Lemon lime	2 pints 0.5 oz	200	Walking	55
Red Wine Burgundy, Cabernet	5 oz	129	Walking	35
White Wine, Chablis, Riesling, Hock	5 oz	120	Walking	33
Water	8 oz	0	Walking	0



Action Plan

This week I will _____ (What)
 _____ (How Much)
 _____ (When)
 _____ (How Often)

Circle how sure you are that you can do this action:

1 2 3 4 5 6 7 8 9 10

*If your answer is less than 7, you may not be able to meet your goal.
 Think about modifying your plan to be more doable.*

Give yourself a check mark each day you accomplish your plan	Comments: Write yourself a note about today's activity.
<input type="checkbox"/> Monday	
<input type="checkbox"/> Tuesday	
<input type="checkbox"/> Wednesday	
<input type="checkbox"/> Thursday	
<input type="checkbox"/> Friday	
<input type="checkbox"/> Saturday	
<input type="checkbox"/> Sunday	

Possible road blocks to meeting my plan:

Things I can do to overcome these road blocks:

Other resources I need to meet my action plan:
