

Bring a shopping list  
when grocery shopping



Avoid sweetened drinks



Choose foods with **<5 grams**  
of Total fat per serving

Nutrition Facts	
Serving Size 1 cup (236ml)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 0
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 0mg	0%
<b>Total Crap</b> 0g	0%
<b>Cholesterol</b> Less than 5mg	0%
<b>Sodium</b> 120mg	5%
<b>Sugars</b> 11g	0%
<b>Protein</b> 9g	17%
Vitamin A 10%	Vitamin C 4%
Calcium 10%	Iron 0%
Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	

Choose lean meats  
(i.e. chicken, turkey, fish,  
sirloin, pork loin)



Eat 3 meals a day

Eat Fruits &/or vegetables  
with each meal



Plan meals for the week



Drink 64 ounces of water



Exercise Daily  
for 30 minutes

Pack a Healthy Snack



KEEP EXERCISE &  
FOOD LOG

Measure Foods (check serving size)

