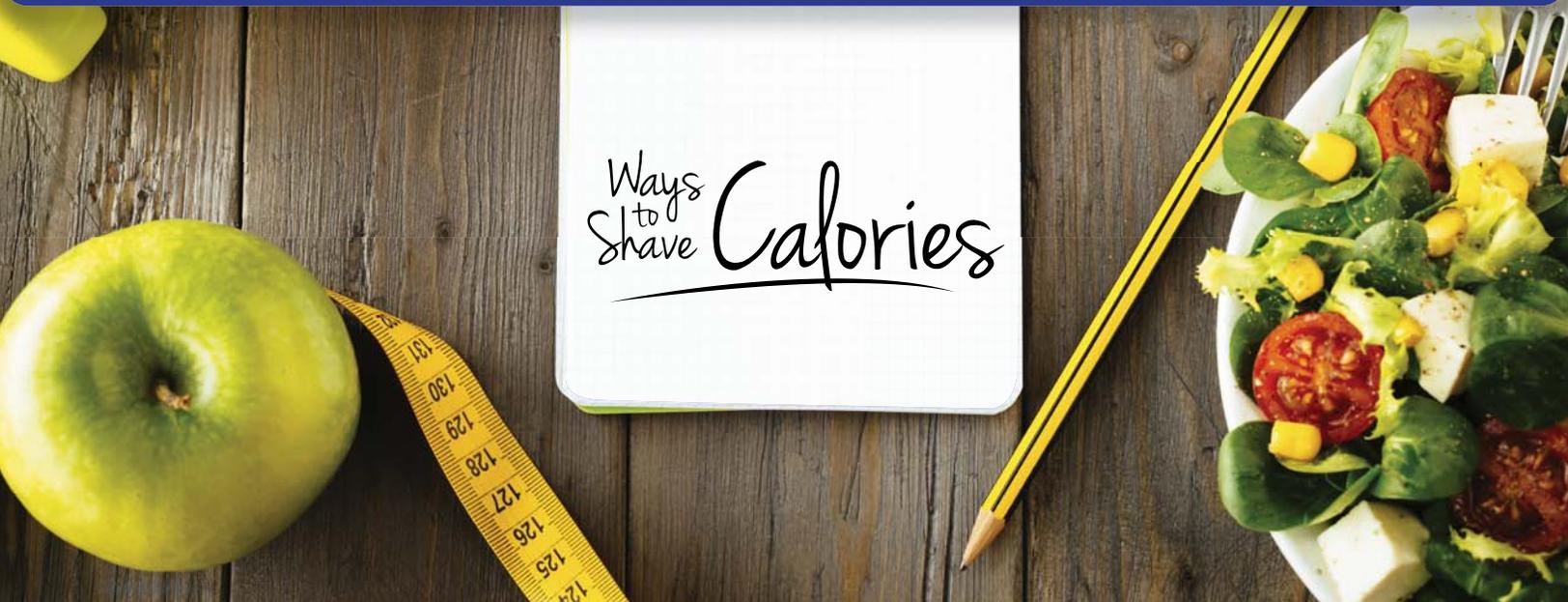


# FitFUTURE

Strategies for  
Better Living.



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**W**hen it comes to healthy weight management, small steps add up. Parents and school-aged children are more likely to stick with smaller changes over time. Healthy weight is all about balancing food intake with physical activity. Below are some tips to reduce your calorie intake but not deprive your family of the foods they may enjoy:

**Trim All Fat.** When preparing for your meals, trim the fat from beef, pork and chicken. Remove the skin from poultry.

**Bake, Broil & Grill.** Avoid frying or adding calorie laden cheese sauces to dishes. Bake, broil, and grill meals instead.

**Dip Raw Vegetables.** Instead of using chips, dip fresh vegetables into hummus or fat-free ranch dressing.

**Use Smaller Plates and Bowls.** We tend to fill up the dish we're using and then eat it all. Our brains also think we are getting more when the same amount of food is placed in a smaller dish. Use smaller dishes to help you eat less.

**Eat Slowly.** Eating slower helps you consume only what your body needs to feel satisfied. Eating too quickly, in less than 20 to 30 minutes, leads to overeating and feeling uncomfortably full afterwards.

**Leave Some Food on Your Plate.** This is especially important if you grew up in the "clean plate club." By leaving even a few bites, you can focus more on your internal signals of satisfaction and less on eating food just because it's there.

**Don't Eat Out of a Bag or Box.** When you eat out of a package, you are likely to keep eating until it's all gone – no matter how many servings the package actually contains. Pour one serving into a small bowl instead.

**Choose Your Glass Wisely.** Measure the amount of liquid that fills each of your glasses. Use 8 ounce glasses for milk and larger glasses for water.

**Rethink Your Drinks.** High-calorie beverages like soft drinks, juices, energy drinks, specialty coffees and alcohol add empty calories just like solid foods. Whenever possible, replace these drinks with plenty of water. Lighten coffee drinks with fat-free milk or creamer.

Eating smarter does not mean you have to immediately go sugar-free and fat-free. You can make a big difference in your calorie intake by just eating and drinking smaller portions and by making empty calorie choices less often.

## LEARN MORE

About healthy nutrition and active lifestyles for children and families:  
<http://www.eatright.org/kids/>

