

The Golden Rules

Some tips to get you and your family on your way to good health.

1. Turn off the TV! Everyone should sit at the table to eat all meals and snacks.
2. Eat on a schedule and don't skip meals. Space your meals evenly throughout the day and make each meal about the same size. (Avoid skipping meals and then eating only one or two large meals.)
3. Drink water instead of sweet drinks.
(soda-pop, juice, Kool-Aid, Gatorade, lemonade).
4. Slow down while eating. Start by eating $\frac{1}{2}$ of what you think you are hungry for then wait 15 minutes before going back for seconds. If you are still hungry, fill up on more fruits or vegetables first, and drink more water!
(and remember to chew your food slowly and put your fork down between bites.)
5. Eat a fruit or vegetable with *every* meal or snack. (Make it the *first* thing you eat so that you don't forget).

