



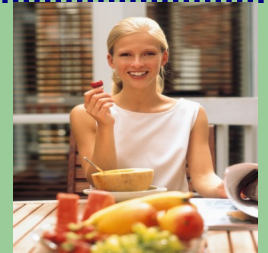
# 35 Steps to a Healthier You

1. Choose 1% or skim milk instead of 2% or whole milk.	2. Select a side salad over fries at a fast food restaurant. *Use dressing sparingly.	3. Use two egg whites in place of one whole egg in baking.	4. Top your burger with tomatoes, lettuce, pickles and onions instead of cheese.	5. Add zucchini, mushrooms, or green peppers to pasta sauce instead of meat.	
6. Select bottled water or diet soft drinks at the vending machine.	7. Bake, broil or grill chicken and fish over frying.	8. Choose water at restaurants to save money and calories.	9. Season vegetables with lemon/lime and herbs instead of butter.	10. Split a bagel with a friend, or save the other half for tomorrow.	11. Eat slowly to reduce your urge for second helpings.
12. Follow low fat directions when making brownie and cake mixes.	13. Try baked potato chips over regular varieties.	14. Prepare eggs with cooking spray instead of butter or margarine.	15. Choose grilled chicken over breaded or fried.	16. Select canned fruit in its own juice over heavy syrup.	17. Satisfy a chocolate craving with 1 "fun size" candy bar.
18. Ask for salad dressing on the side. Leave most of it behind.	19. Cut fat from pork, chicken, and beef.	20. Put a serving of baked chips or pretzels in a bowl rather than eating from a bag.	21. Share your dessert with a friend.	22. Omit or use half of the butter or oil used in rice, macaroni and cheese, and pasta.	23. Use fresh lemon to season fish instead of tartar sauce.
24. Skip the cone: have a single ice cream scoop in a dish.	25. Use cooking spray instead of butter or oil when stovetop cooking.	26. Lighten up coffee: choose nonfat milk and ask for half the sugar or syrup.	27. Turn the TV off. Enjoy your meal at the dinner table.	28. Substitute half the oil in a recipe with applesauce when baking.	29. Prepare chicken or tuna salad with fat-free mayonnaise.
30. Leave 3-4 bites on your plate.	31. Choose no sugar added fruit juice.	32. Remove the skin from chicken.	33. Eat your salad without croutons.	34. Order a cup of soup rather than a bowl of soup.	35. Use smaller cups, bowls and plates.

Each tip will cut approximately 100 calories. No one tip will cut exactly 100 calories. By choosing a few of your favorite tips each day, you will be on your way to a healthier you!



There are 3500 calories in 1 pound. By cutting 100 calories a day, in just over a month, you could be 1 pound lighter. That is about 10 pounds a year!



**Q:** If I eat late at night, will these calories turn into body fat?

**A:** The time of day doesn't affect how your body uses calories or cause you to gain weight. It is the number of calories that you eat and the calories that you burn over 24 hours that affects your weight.

**It only takes small changes to make a BIG difference!**

Source: Adapted from [www.americaonthemove.org](http://www.americaonthemove.org)





# 35 Ways to Move More

You don't need to join a gym to be healthy. By eating less and moving more, you are on your way to a healthier you!

1. Circle the outside aisles of the grocery store before shopping.	2. Instead of talking on the phone, meet a friend for a walk and talk.	3. Walk the track at a nearby high school.	4. Use 10 minutes of your lunch break for a quick walk.	5. Walk before work. You will be more energized for the day.	
6. Walk around the restaurant parking lot while waiting for your table.	7. Accompany your children on their walk to school.	8. Walk to a coworker's desk to talk instead of emailing them.	9. Invite a friend or family member to walk with you.	10. March in place while watching your favorite TV show.	11. Stroll around the field during your kids' sporting event or practice.
12. Visit the restroom on the far side of the building at work.	13. Walk around the block once when you go to get the mail.	14. Take a walk a few hours before bed. You will sleep more soundly.	15. Do sit ups or jumping jacks during TV commercials.	16. Play with the kids. Dance to music, ride a bike, or build a snowman.	17. Walk into a restaurant or bank instead of using the drive-thru.
18. Make several trips up and down the stairs when doing chores.	19. Return your cart back to the store after unloading your items.	20. Listen to music or books on tape while walking.	21. Walk with your kids to a park. Play with them instead of just watching.	22. Window shop as you stroll through a shopping mall.	23. Walk to a nearby store, post office, or dry cleaners to finish errands.
24. Walk around a zoo, museum or local park.	25. Park in the far reaches of the parking lot.	26. Take the stairs instead of elevators and escalators.	27. Buy an exercise video to stay active on rainy days.	28. Pace around the house while talking on the phone.	29. Exit the bus 1-2 stops early. Walk the rest of the way.
30. Take your dog for long walks.	31. Take a family walk.	32. Clean the house or wash the car.	33. Walk or bike to work.	34. Work outside in the garden.	35. Mow the lawn.



Being physically active helps you:

- Reduce stress;
- Keep bones healthy;
- Decrease your risk for heart disease and diabetes; and
- Maintain/achieve a healthy weight.



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You need to burn more calories than you eat to lose weight.