

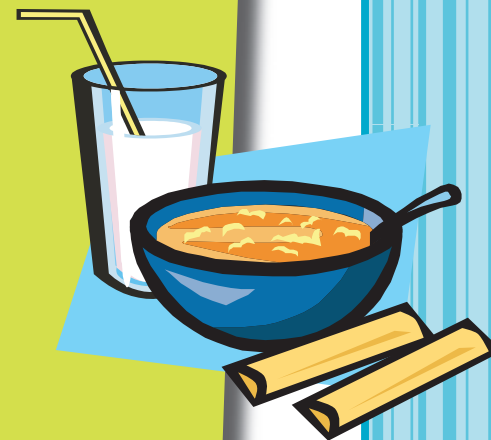
## Tips for a Healthier Home

- ▶ Have GREEN and YELLOW foods available for your family to eat.
- ▶ Get rid of junk food.
- ▶ Do not buy RED foods for your family.
- ▶ Make rules for your family.
  - ▶ No eating outside of the kitchen or the dining room.
  - ▶ No eating while watching television or working on the computer.
- ▶ Keep equipment for physical activity in plain sight.
- ▶ Make watching TV or using the computer uncomfortable.



## Tips for Healthy Breakfasts

- ▶ Try cereals with little sugar like Corn Flakes, Special K, and Kix.
- ▶ Skip the butter, cream cheese, syrup, or sour cream.
- ▶ Cut down on RED breakfast foods.
- ▶ Make fruits a part of your breakfast. Try apples, oranges, bananas, pears, peaches, or blueberries.
- ▶ Make vegetables a part of your breakfast. Try diced celery, carrots, peppers, cucumbers, or tomatoes.
- ▶ Give yourself time for breakfast!
- ▶ Keep healthy “on the run” breakfast foods available (e.g. non-fat yogurt, dry cereal, fruit, bagels).



## Change Your Home to Promote Healthy Eating

- ▶ Put fruits and vegetables in a visible place.
- ▶ Remove unhealthy RED foods from the house.
- ▶ Eat all meals and snacks in one room, in one area.
- ▶ Do not eat while watching TV or doing some other activity.
- ▶ Do not serve meals “family style.”
- ▶ Serve food on plates and keep extra portions out of sight.
- ▶ Serve portions on small plates.
- ▶ Plan ahead to avoid leftovers.
- ▶ Keep a list of other behaviors you could do instead of eating. Post the list in a place where everyone can see it.



## Tips for Healthier Dinners

- ▶ Bake, broil or grill foods instead of frying them.
- ▶ Add vegetables to your meal.
- ▶ Use skim milk, salt, pepper and fat-free chicken broth to flavor foods.
- ▶ Buy skinless, white meat chicken or turkey.
- ▶ Eat fresh fruits for dessert.
- ▶ Choose low-fat toppings or side dishes.
- ▶ Trim the fat from meat.
- ▶ Add vegetables like onions, peppers, or broccoli rather than meat to sauces.

