



Wellness Buddy Wednesday Tip

Small Steps for the New Year

1. Use fat-free milk rather than whole milk.
2. Eat half your dessert.
3. Take a family walk after dinner.
4. Eat more fiber foods.
5. Use vegetable oils instead of solid fats.
6. Don't skip meals.
7. Take a walk or do desk exercises during your break time.
8. Grill fruits or vegetables.
9. Eat before grocery shopping.
10. Choose checkout lines without candy displays.
11. Shop with a grocery list.
12. Flavor foods with herbs, spices and other low-fat seasonings.
13. Don't eat second helpings.
14. Try a side salad instead of fries.
15. Drink lots of water.

