

## AVOID, ALTER, ADAPT

Here are three words “to live by” for the next week ....

### AVOID --

The usual suspects, we all know and love them (ice cream, French fries, donuts, etc.). Try having one high-calorie (**RED**) food per day or per week, depending on your current eating habits.

Eat something satisfying and healthy prior to going to events like the movies, ball games, the circus, and such. **ALSO**, take along a bottle of water! This will make it easier for you to avoid the high calorie foods offered at these events.

### ALTER --

Find healthy alternatives to high calorie comfort and other foods (frozen yogurt rather than ice cream, baked rather than regular chips, whole wheat rather than white bread)

Have what you like, but eat \_ a serving (share with someone else, or take \_ of it home with you for later)

Have your favorite, but omit or reduce high calorie “condiments” or “extras” like mayonnaise, dressing & cheese

### ADAPT --

Take some healthy treats with you to a party, sleep-over, get together or when on vacation.

Enjoy a weekly, family activity that is fun and active for all. Take a walk, ride a bike, swim, skate, play sports or games, go to the park, even walk the mall ... rather than lounging the weekend away.