



DO YOU WANT TO EAT BETTER?

FitCity is here to help you with these tips...

- **CHOOSE** food with LESS fat and sugar to reduce your daily calories.
- **CHOOSE** low or non-fat dairy products such as non-fat yogurt and 1% skim milk.
- **CHOOSE** fewer whole milk products such as processed and cream cheese.
- Eat less processed sandwich meats such as bologna, salami, and hot dogs. **CHOOSE** turkey or ham instead. Hold the mayo and use mustard.
- Select fewer fried foods; **CHOOSE broiled** or baked fish or meat, and fresh or steamed fruits and vegetables. **CHOOSE** pretzels over greasy potato chips.
- **DRINK** more water, unsweetened fruit and vegetable juices, and fewer soft-drinks and fruit 'ades' (lemonade, orangeade, etc...) Sugary drinks add lots of empty calories that don't make you feel full and lead to weight gain.
- **SKIP** the candy bars, they may give you a burst of energy, but you'll only crash later and feel more tired. Snack on fresh fruit, celery and peanut butter, low-fat string cheese, or a low-fat granola bar you brought from home.

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