## **Tips for Heart-Healthy Eating**

- Eat smaller portions.
- Choose non-fat or low-fat dairy products.
- Choose lean meats.
- Remove skin from chicken and other poultry.
- Eat at least 5 servings of vegetables and fruits every day.
- Split entrees and desserts with a friend when eating out.
- Ask for dressings, sour cream, and sauces on the side.

## **Tips to Increase Your Activity**

- Take the stairs instead of the elevator.
- Park your car at the far end of the parking lot.
- Take a 5- to 10-minute walk after each meal.
- Play with a child.
- Work in the yard or garden.
- Take an exercise class.
- Go dancing with friends.

For more information on diabetes, meal planning, or exercise, contact the American Diabetes Association at **1–800–DIABETES** (342–2383) or visit **diabetes.org.** 

Adapted from "Small Steps. Big Rewards. Prevent Type 2 Diabetes," a campaign of the National Diabetes Education Program. Visit www.ndep.nih.gov for more information.

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## DAY: DAILY FOOD AND DRINK TRACKER TIME AMOUNT/NAME/DESCRIPTION FOLD HERE AMOUNT/NAME/DESCRIPTION

## My Game Plan: Food and Activity Tracker

Toolkit No. 25	
Name:	
Date: From	to
M	IY GOALS THIS WEEK
For cutting calori	es:
For getting more	physical activity:
Sample Entry:	
DAY: Monday	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION
8:00 AM	1/2 cup oatmeal
	1 cup 2% milk

DA	ILY FOOD AND DRINK TRACKER (CONTINUED)
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY							
TYPE OF ACTIVITY	MINUTES						
TOTAL							

MAKE ONE (1) COPY OF THIS PAGE.

DAY:	DAILY FOOD AND DRINK TRACKER		DAILY FOOD AND DRINK TRACKER (CONTINUED)		
TIME	AMOUNT/NAME/DESCRIPTION		TIME	AMOUNT/NAME/DESCRIPTION	
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DAY:	DAILY FOOD AND DRINK TRACKER		DA	ILY FOOD AND DRINK TRACKER (CONTINUED)  AMOUNT/NAME/DESCRIPTION	
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DAY:	DAILY FOOD AND DRINK TRACKER		DA	DAILY PHYSICAL ACTIVITY	
DAY:	DAILY FOOD AND DRINK TRACKER		DA	DAILY PHYSICAL ACTIVITY	

MAKE THREE (3) COPIES OF THIS PAGE.