Keep your appetite in check. Don't skip breakfast.

Avoid portion distortion. Use a smaller plate when making your selections

Drink more water. Water is a healthy, no calorie beverage

Pace yourself. Eat slowly and listen to your hunger cues.

Get some exercise – dance, play basketball, go bowling, etc. Do whatever you enjoy doing. JUST MOVE IT!!!

Make lower fat food choices.

Don't deprive yourself. You don't have to give up your favorite foods, but you can limit the amount you eat.

Eat more fruits and vegetables – good source of antioxidants which is beneficial to your overall health and wellness.

Make half of your grains whole.

Planning, determination and persistence are the keys to a healthy lifestyle when it comes to healthy eating and physical activity.

Enjoy life and live life to its fullest!

Nutrition it's a Matter of Fact!