Be Sensible

By reading the Nutrition Facts Label, you can increase your knowledge of the nutritional content of foods and take control of your food choices. When eating at home you know exactly what you are eating. When you eat out, check and compare the nutrition information either in the restaurant or on the Web. Choose healthier options such as baked, broiled or grilled, and steamed or simmered in broth instead of fried. Choose options that focus on fruits, vegetables, or whole grains. When buying lean cuts of meat, look for the word “loin” or “round” in the cut name.

**Sodium:** Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers. To monitor your sodium intake, look for “reduced sodium,” “low sodium,” and “no added salt” on labels.

**Sugars:** Cut back on extra calories by consuming treats in moderation. Manage your beverage calories by choosing smaller serving sizes. Choose low-fat or fat-free milk and 100% juice. Cut calories by drinking water and low- or no-calorie beverages.

**Fat:** Choose unsaturated oils more often over animal fats like lard for cooking and baking, such as canola, corn or sunflower oils. Switch to fat-free or low-fat (1%) milk.

**Family-focused tips**
- Slow down! It takes 20 minutes for your brain to send the signal that you’ve had enough to eat.
- Have only one portion-controlled serving and enjoy every bit.
- Put your fork or spoon down between bites.

**Eating at home**
- Smaller plates lead to small portions. Eat meals on a smaller plate.
- Before going back for seconds, wait 10 to 15 minutes. You may not want seconds after all.
- Buy or portion out treats and snacks in small bags or packages, so that you are aware of how much you are eating.
- Flavor meat, poultry, and seafood with herbs and spices instead of sauces or gravies.
Eating away from home

- When dining out, ask if they have a lighter version or lunch-size portion of your entrée. If you order an entrée, take the leftovers home, refrigerate and enjoy it as another meal or snack the next day. Or, split an entrée with a family member or friend and order an extra side salad.

- Eat slowly and enjoy the experience. Be mindful of the flavor combinations and savor the food.

- Skip dessert or order what you want and just take a few bites. You could also share the dessert with the rest of the table.

- You may also choose healthier choices such as fresh fruit, sorbets, treats with whole grains or lighter versions of your favorite treats. Paying attention to serving size will help you curb your calories while still enjoying the treats you love.

- Start your meal with a broth-based soup or green salad. Ask for salad dressing on the side. To avoid being influenced by others, be the first to order a healthful meal.

Family-focused tips

- Be a role model for your children. Show your family how to savor their favorite higher-calorie foods and beverages by enjoying smaller portions together.

- Offer healthful foods to kids at meals and let them choose how much they want to eat.

- Downsize. Choose smaller sizes of foods and beverages, especially those that are higher in calories.

- Order a small or medium-sized portion instead of large.

- Offer plain water when kids are thirsty.

- Get the best price. Check newspapers, online, and at the store for sales and coupons.

- Avoid second portions. Make just enough for one meal or put away leftovers when you serve the meal.