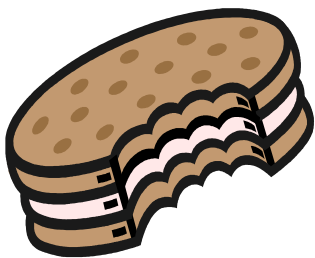


Choose whole grain foods over processed grain product!



Replace drinks such as regular soda, fruit punch, sweet tea with water and calorie-free "diet" drinks

Cut back on high calorie snack foods and desserts like chips, cookies, cakes and ice-cream



Watch portion sizes!
Eating too much of even healthful foods can lead to weight gain

Source: www.diabetes.org

Contact: *Karen K. Fiorenza, RD, LDN*
Staff Nutritionist, Student Health Center
kfiorenza@wcupa.edu