

# 10 Tips to live by, for Heart-Healthy Families

**1.** Keep portions small, to have less wasted food, and avoid obesity.

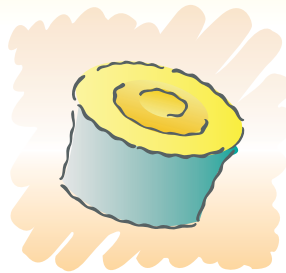
**2.** Watch calories to maintain a healthy weight.



**3.** Provide kids nutritious snack choices, ready to grab on the go.

**4.** Use soft spread margarine labeled zero trans fats in place of butter to help reduce intake of saturated fat, trans fat and cholesterol.

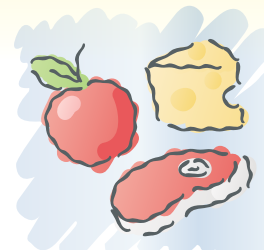
**5.** Don't let anyone skip breakfast; a healthy breakfast is essential for a productive day.



**6.** Choose beverages wisely. Include nonfat or low fat milk and drink plenty of water and other non-sweetened beverages like tea.

**7.** Make the dinner occasion a family get-together occasion, and turn the TV off while eating.

**8.** Offer your family plenty of fruits and vegetables every day.



**9.** Prepare low-fat versions of your family's favorite meats and poultry, use low fat cheeses and milk and eat at least 2 servings of fish per week in place of fatty meats.

**10.** Choose whole grain foods as a good source of fiber.

