



## BEVERAGE CONSUMPTION

Replace high-calorie beverages with healthy drinks

### TIPS TO MAKE IT HAPPEN!

1. Choose water, diet, or low-calorie beverages instead of sugar-sweetened beverages.
2. For a quick, easy, and inexpensive thirst-quencher, carry a water bottle and refill it throughout the day.
3. Don't "stock the fridge" with sugar-sweetened beverages. Instead, keep a jug or bottles of cold water in the fridge.
4. Serve water with meals.
5. Make water more exciting by adding slices of lemon, lime, cucumber, or watermelon, or drink sparkling water.
6. Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
7. When you do opt for a sugar-sweetened beverage, go for the small size. Some companies are now selling 8-oz. cans and bottles of soda, which contain about 100 calories.
8. Be a role model for your friends and family by choosing healthy, low-calorie beverages.



## KEEP TRACK

Monitor your weight, activity, and intake

### TIPS TO MAKE IT HAPPEN!

Keep Track by self-monitoring you can do this by observing and recording your eating and exercise patterns, followed by feedback on the behaviors. The goal of self-monitoring is to increase self-awareness of target behaviors and outcomes, this it can serve as an early warning system if problems are arising and can help track success.

Some commonly used self-monitoring techniques include:

1. Food diaries
2. Regular self-weighing
3. Exercise logs
4. Equipment such as pedometers, accelerometers and metabolic devices
5. There are many apps you can download on your phone to help with this.



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**TOP 5**  
*ways to Get Healthy*



**FRUITS AND VEGETABLES**  
Eat 5 or more servings per day



**GET MOVING**  
Increase the level of physical activity each day



**PORTION CONTROL**  
Manage portion sizes, bigger is not always better



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# Lighten <sup>UP</sup> Charleston



## FRUITS AND VEGETABLES

Eat 5 or more servings per day

### TIPS TO MAKE IT HAPPEN!

1. Add fruit to your cereal, oatmeal, waffles or pancakes at breakfast.
2. Create your own yogurt flavors with plain yogurt and different combinations of fresh fruit.
3. Snack on raw vegetables or fruits instead of chips or pretzels. Keep sugar snap peas, raisins or carrot sticks in your car, your office or your backpack.
4. Use chunky salsa instead of thick, creamy snack dips.
5. Going out to lunch? Take a trip to the grocery salad bar. Use lots of dark green leaves and other vegetables instead of piling on all of the extras like eggs, bacon and cheese.
6. Add frozen veggies to any pasta dish. It's an easy way to get in another serving of the good stuff.
7. Keep fruits and vegetables in line of sight. Grapes, oranges, bananas, and apples make a colorful bowl arrangement on the table. If you see them,



## GET MOVING

Increase the level of physical activity each day

### TIPS TO MAKE IT HAPPEN!

1. Get off the bus one stop earlier.
2. Walk to the store.
3. Stand up and move around while making phone calls.
3. Do your own yard work.
4. Take the stairs not the elevator.
5. Park far away from the store.
6. Walk at lunch or on your break at work.
7. Walk the dog, walk with your children,  
or start a walking group.
8. Don't stay seated for more than 30 minutes.
9. Use a stationary bike while watching TV
10. Take up a sport
11. Go dancing.



## PORTION CONTROL

Manage portion sizes, bigger is not always better

### TIPS TO MAKE IT HAPPEN!

1. Measure accurately. For foods and beverages, use gadgets like a measuring cup, tablespoon, teaspoon, or food scale.
2. Learn how to estimate serving sizes.
  - 3 ounces of cooked meat, fish, or poultry is about the size of a deck of cards
  - 1/2 cup is the size of an ice cream scoop
  - 1 cup is the size of a tennis ball
  - 1 ounce of cheese is the size of a domino
3. Pick out smaller plates, bowls, cups, and glassware in your kitchen and measure what they hold.
4. Dish out your servings separately. Serve food from the stove onto plates rather than family-style at the table, which encourages seconds.