



3. Eat smaller portions of food and drink water at meals and snack time.

4. Drink lots of water. It has no calories! Sugar-free fruit drinks or sugar-free soda pop are also good choices when you are thirsty.

5. Ask your doctor to help you find a dietitian or a diabetes educator. He or she can help you and your family make the best food choices.

If you eat less and get more active, you should lose about one pound a month—and feel great. It's best to be slow and steady in your weight loss because you are still growing.

Very low-calorie diets are not healthy for growing children and teens. Kids who do not eat enough food may not grow or develop the right way.



What are some healthy eating tips you can try?

- ★ Take your time when you eat. Wait 10 to 15 minutes before eating second helpings at mealtime. It takes about 15 minutes for your stomach to tell your head that you are full!
- ★ Ask if you can help plan, shop, or make the family meals sometimes. This can be fun for the whole family.
- ★ Fill up half of your plate with salad or vegetables. Use small amounts of butter, margarine, or salad dressing.
- ★ If you eat sugary foods, sweets, desserts, or candy, eat only a small serving at the end of a meal. Don't eat them very often.

What about breakfast?

One bowl of whole grain cereal, low-fat milk, and a piece of fruit are a great way to start the day. You can do better at school when you eat breakfast!

When you don't have much time before school, try a couple of slices of whole grain toast with a tablespoon of peanut butter, or a hard-boiled egg, or a piece of low-fat cheese.

A small breakfast bar and a glass of low-fat milk is another fast meal that can go a long way.

