



# Nutritious Food Swaps and Tips for Managing Weight



**Make sure you're eating consistently throughout the day.** This means eating all 3 meals a day with snacks in between or having multiple small meals every 2-3 hours. Skipping meals/snacks can potentially lead to overeating at night and can affect your blood sugar levels.



**Make half your carbohydrates whole grains.** One way to incorporate more whole grains is to swap white bread for whole wheat bread.



**Opt for low fat dairy products when possible.** If you do not consume dairy, try soy milk instead of the other milk alternatives. It contains the same amount of protein as cows milk unlike the others.



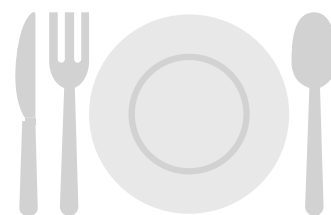
**Try to make half your plate fruits and vegetables at each meal.** If this seems difficult, try adding fruits and vegetables at 1 meal and make your way up to 3. You can also include fruits and vegetables into your snacks.



**Include protein at every meal.** Some examples include meat, fish, beans, tofu, and quinoa.



Try to **drink water** instead of juice and sodas.



Keep in mind nutrition is very individual, what works for someone else might not work for you. Weight fluctuates and changes all the time, especially as you get older. Remember to listen to your body and do what is best for YOU.