Tips for Heart-Healthy Eating

- Eat smaller portions.
- Choose non-fat or low-fat dairy products.
- Choose lean meats.
- Remove skin from chicken and other poultry.
- Eat at least 5 servings of vegetables and fruits every day.
- Split entrees and desserts with a friend when eating out.
- Ask for dressings, sour cream, and sauces on the side.

Tips to Increase Your Activity

- Take the stairs instead of the elevator.
- Park your car at the far end of the parking lot.
- Take a 5- to 10-minute walk after each meal.
- Play with a child.
- Work in the yard or garden.
- Take an exercise class.
- Go dancing with friends.

For more information on diabetes, meal planning, or exercise, contact the American Diabetes Association at **1–800–DIABETES** (342–2383) or visit **diabetes.org.**

Adapted from "Small Steps. Big Rewards. Prevent Type 2 Diabetes," a campaign of the National Diabetes Education Program. Visit www.ndep.nih.gov for more information.

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My Game Plan:
Food and Activity Tracker

Toolkit No. 25

Name: _____

Date: From _____ to _____

MY GOALS THIS WEEK

For cutting calories: _____

_____

For getting more physical activity: _____

_____

Sample Entry:

DAY: Monday	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION
8:00 AM	1/2 cup oatmeal
	1 cup 2% milk

TO MAKE MORE WEEKLY TRACKERS: Make one (1) copy of this page and three (3) copies of the next page. Cut the pages in half, placing this page on top. Staple in the upper left-hand corner and fold to fit in your pocket or purse.

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DAY:	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION

MAKE ONE (1) COPY OF THIS PAGE.

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DAILY FOOD AND DRINK TRACKER (CONTINUED)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

DAY:	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION

FOLD HERE

DAILY FOOD AND DRINK TRACKER (CONTINUED)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

CUT HERE ✂

CUT HERE ✂

DAY:	DAILY FOOD AND DRINK TRACKER
TIME	AMOUNT/NAME/DESCRIPTION

FOLD HERE

DAILY FOOD AND DRINK TRACKER (CONTINUED)	
TIME	AMOUNT/NAME/DESCRIPTION

DAILY PHYSICAL ACTIVITY	
TYPE OF ACTIVITY	MINUTES
TOTAL	

MAKE THREE (3) COPIES OF THIS PAGE.