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Tips for making smart food choices

- Eat more whole grains, vegetables, and fruit.
- Eat fish 2 to 3 times a week.
- Choose healthy fats (in small amounts), such as olive oil, canola oil, or corn oil.
- Cut back on foods with saturated fat, such as high-fat meats and high-fat dairy foods.
- · Cut back on serving sizes.
- Eat less salt and fewer high-sodium foods.
- Check out www.diabetes.org/MyFoodAdvisor.

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 30-minute walk, most days of the week.
- Work in the yard, do some housework, or wash the car.
- Find an activity you enjoy, such as biking or swimming.
- Take an exercise class.

For more information on diabetes, meal planning, or exercise, contact the American Diabetes Association at **1–800–DIABETES** (342–2383) or visit www.CheckUpAmerica.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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DAY:	DAILY FOOD AND DRINK TRACKER				
TIME	AMOUNT/NAME/DESCRIPTION				

Toolkit No. 28 My Game Plan: Food and Activity Tracker

Name:		
Date: From	to	
MY	GOALS THIS WEEK	
For making smart foc	od choices:	
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For getting more physical	sical activity:	
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Sample Entry:

DAY:	Monday	DAILY FOOD AND DRINK TRACKER
TIME	P	AMOUNT/NAME/DESCRIPTION
8:00 AM		½ cup oatmeal
		1 cup 1% 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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DAILY FOOD AND DRINK TRACKER (continued)				
TIME	AMOUNT/NAME/DESCRIPTION			

DAILY PHYSICAL ACTIVITY			
TYPE OF ACTIVITY	MINUTES		
TOTAL			

DAY:	DAILY FOOD AND DRINK TRACKER		DAI	LY FOOD AND DRINK TRAC	KER (continued)
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DAY:	DAILY FOOD AND DRINK TRACKER		DAI	LY FOOD AND DRINK TRAC	KER (continued)
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