

## Goals for all Americans

**Fat:**  
Less than 30% of calories

**Fruits and vegetables:**  
5 or more servings

### Your Score

Your fat score



Your number of servings

1 2 3 4 5 5+

### Your Personal Goal (Choose 1 or 2)

#### For the next two weeks...

I will...

- Snack on pretzels instead of chips
- Find a lowfat cheese that I like
- Have skinless chicken once a week
- Have a meatless meal once a week
- Ask for salad dressing on the side when I eat out
- Have turkey lunchmeat instead of regular cold cuts for a sandwich
- Have cereal instead of eggs or doughnuts 2 mornings a week

I will...

- Buy enough canned or fresh fruit to have 2 servings per day for everyone in the family
- Keep a bowl of fruit in the kitchen
- Have fruit for dessert twice a week
- Have fruit or juice 2 mornings a week
- Have at least one vegetable at every evening meal
- Have a vegetable soup with lunch or dinner twice a week

I really will try these goals,  
for the next two weeks.

\_\_\_\_\_  
Sign your name here

*Little by Little*, each day makes a difference.

## Tips

for eating less fat  
for eating more fruits and vegetables

### 1. Salad dressing, mayonnaise

- Use one-half of the amount you usually use---spread it thin
- Find a low fat or fat free salad dressing and mayonnaise that you like
- Order salad dressing on the side and put only a little of it on your salad

### 2. Fat or oil used in cooking

- Use ½ the amount of the fat or oil you usually use, or use a spray like Pam
- Try broiling meats instead of frying

### 3. Potato chips, corn chips, popcorn

- Switch to a lower fat snack food---such as pretzels, low-fat microwave popcorn, baked potato chips and baked corn chips

### 4. Margarine or butter

- Use just small amounts on baked potatoes or vegetables
- Choose a trans-fat-free kind of margarine
- Use whipped butter. You'll use less

### 5. Doughnuts, pastries, cakes, cookies

- Instead of high-fat cakes, pies, or doughnuts---try fat-free angel food cake
- Try lower fat cookies like ginger snaps, fig newtons, or wafers
- Try a different kind of sweet---carry a piece of fruit with you to snack on
- Try bagels or English muffins instead of high-fat croissant or muffins

### 6. Cheese or cheese spread

- Add less cheese to your sandwiches---add more lettuce and tomato instead
- When snacking on cheese---cut a small amount and put the rest away
- Instead of regular cheese---find a low-fat or non-fat kind that you like

### 7. Meat

- Eat smaller portions. Fill up on vegetables, salad, bread.
- Have meatless meals once or twice a week.
- Eat leaner meat, like chicken without the skin, or fish

### 8. Breakfast is a great time for:

- Fruit juice
- Fruit on cereal---raisins, bananas, berries
- Fruit on frozen waffles, pancakes (berries, applesauce, canned peaches)
- Green peppers and onions in your omelet
- Applesauce mixed into yogurt

### 9. Keep:

- An apple in your backpack, or a banana in your lunchbox
- Tomato juice in the refrigerator
- Canned fruit on the shelf

## ***Welcome to Little by Little!***

This program is designed to help people learn to eat better - little by little.

Two modules focus on improving

- Fat intake
- Fruit and vegetable intake

Developed by University of California, Berkeley, and supported by USDA, FNS.

*Reference: Block et al., Am J Public Health, 2000;90:781-785.*

Guided by scientific principles:

- Flexibility & user choice
- Assessments guide the messages
- Dietary screeners with immediate feedback
- Tailored to user's diet and readiness for change
- Food sufficiency assessment

The goal: dietary behavior change.

*Little by Little* provides  
... skill building  
... focused on the user's lifestyle

And then supports it with  
... Individual goal-setting  
... An opportunity to commit to a small, practical step for 2 weeks

