

EAT LESS **sugar**  
& REFINED GRAINS

**LIMIT DESSERT**

TO **2** TIMES A  
WEEK



**REPLACE SWEETS**

WITH A



**HEALTHIER**

ALTERNATIVE

**LIKE FRUIT & YOGURT**

**CHOOSE**



**WHOLE-GRAIN**

BREADS, CEREALS  
& SIDES



Cooper Clinic™  
Nutrition Services

A COOPER AEROBICS COMPANY

**#CooperHealthyWeight**