

LIMIT **variety**
& TEMPTATION

KEEP TEMPTING 
FOODS
OUT OF THE HOUSE

LIMIT THE NUMBER
OF **SNACK** FOODS
AVAILABLE 

WALK A NEW PATH
AT **WORK**
 TO BYPASS THE
VENDING MACHINE
OR BREAK ROOM

REORGANIZE THE 
FRIDGE AND
PANTRY
TO KEEP TEMPTING FOODS
OUT OF SITE



Cooper Clinic™
Nutrition Services
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#CooperHealthyWeight