

**Get a good start on your New Year's resolution for a healthy weight!
Use your food records to find patterns and new ideas.**

This grid gives you another way to use the Step Ahead food record on pages HE10 and 11 of your Employee Resource Book. Look over your record for the past week and answer these questions.

1. What foods and beverages added the most calories to your diet during the past week? Write them down in the left column.

2. In the right column, write which is more realistic for you:
 - Eat or drink this food less often
 - Eat smaller portions of this food
 - Replace this food with a food that has fewer calories.

Foods and beverages that added the most calories	Eat less often, eat a smaller portion or replace with a lower-calorie food?