



Pathways to Well-Being

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Don't Be SuperSized!



- Over time, portion sizes have more than doubled.
- This increases your Weight and risk of Heart Disease and Diabetes.

- ▶ 5 tsp Fat in Large fries, over 2 hours walking to burn off
- ▶ 2 tsp Fat in Small fries, 50 min. walking



- ▶ 11 tsp. sugar in 480 ml pop, 30 min. walking to burn off
- ▶ 4 tsp. sugar in 200 ml pop, 12 min. walking

- Eat smaller portions
- Use a smaller plate



- Be active everyday
- Feel great!

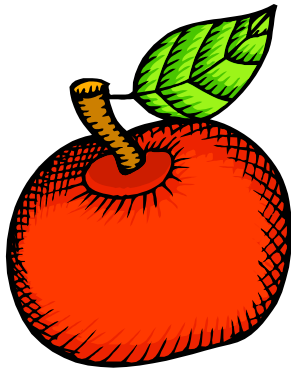


This you CAN Supersize

- 1. Activity-** Double the number of times or length of time you are active.

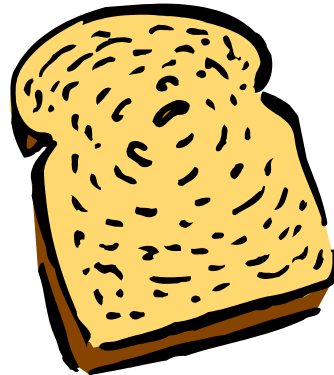


- 2. Fruit and Vegetables -** Try to eat 5-10 servings a day



- 3. Water bottle -** Drink 6-8 glasses a day

- 4. Your Fiber –** Eat more whole grain breads and cereals



For additional program information contact :

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