

**Tips to Discover Smart Servings!**

*Cut each of the following tips into the shapes outlined and post separately around the waiting room.*

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**Tip #1**

**Pay attention to  
How much you're eating.**

*It's easier to be SMART about servings  
without distractions, like TV!*

**Tip #2**

**Pay attention to  
What you're eating.**

*Be SMART with smaller servings of  
higher fat and sugary foods!*

**Tip #3**

**Pay attention to  
How full you feel.**

*Give it a chance; appetite will  
help guide SMART servings!*

**Tip #4**

**Pay attention to  
How active you are.**

*Be SMART with more active play! The  
extra energy burned makes it easier to  
balance serving sizes.*