



tip
card

amusement park

free
to
LIVETM



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healthy tips



- Call ahead to see if there's a picnic area. You can bring your own cooler filled with fresh, healthy food right from your menu plan.
- Walk as much as possible. Most amusement parks have plenty of paths and open areas for walking.
- Bring an L A Lite or L A Snack so you're less likely to pick up a high-fat snack.

	Protein	Veggies	Fruit	Starch	Dairy	Fat
Corn Dog				2		2
French Fries , ½ small serving				1		1
Chicken Fingers , 3 strips	1			2		1½
Frozen Fruit Pop , any flavor, 1 pop			1			
Churros , 1 small				2		1

use foods not on your menu plan in moderation