



university
health

Community Health
Strategies & Innovation

DID YOU KNOW?

ABOUT WEIGHT LOSS

Amount vs. Calories

People get full based on the amount they eat, not the number of calories consumed.

Quality Calories

Reduce calories by lowering the amount of fat and increasing the amount of fiber-rich ingredients like fruits and vegetables.

Good

Fruits & Vegetables

Low-fat and fat-free milk products

Broth based soup

Whole grains

Lean meat, poultry, & fish

Legumes (beans & peas)

Bad

Fried foods

Full fat milk products

Dry snack foods (crackers, pretzels, cookies, & chips)

High fat and high sugar foods

Fatty cuts of meat



MobileMarket