



Eat Fit

NUDGE YOUR HABITS TO MANAGE YOUR WEIGHT



EAT BREAKFAST

Eating breakfast appears to be part of a lifestyle that is associated with a healthier body weight.¹



SNACK SMART

Snacks offer an opportunity to include more fruits, vegetables, low fat dairy, whole grain and fiber in the diet.



MAKE IT WHOLE GRAIN

Eating more whole grains is associated with a healthier body weight in children and adults.²



CHOOSE YOGURT

Consuming yogurt is associated with healthier body weight and improved nutrient intake.³

1. Wyatt H et al. Long-term weight loss and breakfast in subjects in the national weight control registry. *Obes Res* 2002;10:78-82.

2. Albertson A and Joshi N. Whole grain consumption and associations with body weight measures in the United States: results from NHANES 2009-10 and the new USDA Food Patterns Equivalents Database (810.23) *FASEB J* April 2014 28:810.23

3. Centers for Disease Control and Prevention (CDC). National Center for Health Statistics (NCHS). National Health and Nutrition Examination Survey Data. Hyattsville, MD: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009-2010].

BROUGHT
TO YOU BY

Yoplait
GREEK

FIBER
One

Quality Foods
PROGRESSO



With 100 Calories or Less



1 MEDIUM APPLE
4G OF FIBER

95
CAL

97
CAL

14 ALMONDS
3G OF PROTEIN



5 STRIPS OF CELERY
+ 1 TBSP. PEANUT BUTTER
5G OF PROTEIN

97
CAL

92
CAL

3 CUPS AIR-POPPED
WHITE POPCORN
3G OF FIBER



1 CUP GARDEN VEGETABLE
PROGRESSO™ SOUP
3G OF FIBER

90
CAL

90
CAL

1 FIBER ONE™
CHOCOLATE BAR
5G OF FIBER

½ CUP LOW-FAT (1%
MILKFAT) COTTAGE CHEESE
14G OF PROTEIN

81
CAL

100
CAL

1 CONTAINER YOPLAIT®
GREEK 100™ VANILLA
13G OF PROTEIN

10 MEDIUM BABY CARROTS
+ 2 TBSP. HUMMUS
5G OF FIBER

85
CAL

72
CAL

1 OZ MOZZARELLA
CHEESE PART-SKIM MILK
7G OF PROTEIN



Source: USDA National Nutrient Database for Standard Reference 27



BROUGHT
TO YOU BY

