



# 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.<sup>1</sup>



### 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.<sup>2</sup>



### CHOOSE YOGURT

Consuming yogurt is associated with healthier body weight and improved nutrient intake.<sup>3</sup>

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].





## 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 GREEK 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

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