

Healthy Weight Week

It's natural for anyone trying to lose weight to want to lose it very quickly. People who lose weight gradually and steadily (about one to two pounds per week) are more successful at keeping weight off. Healthy weight loss isn't about a diet or program. It's about an **ongoing lifestyle** that includes long-term changes in daily <u>eating</u> and <u>exercise</u> habits.

Eat Healthy

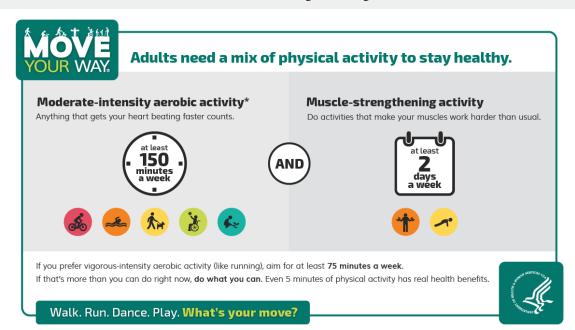
According to the **Dietary Guidelines for Americans**, a healthy eating plan:

- Emphasizes <u>fruits</u>, <u>vegetables</u>, <u>whole grains</u> and fat-free or low-fat <u>milk</u> and milk products.
- Includes a variety of <u>protein foods</u> such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts and seeds.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.
- Stays within your daily calorie needs.

<u>USDA's MyPlate Plan</u> can help you identify what and how much to eat from the different food groups while staying within your recommended calorie allowance.

Move More

How much activity do you need?



Resources

- Healthy Weight, Nutrition, and Physical Activity
- Move Your Way Fact Sheet
- Myths about Nutrition & Physical Activity
- MyPlate
- What is a Healthy Weight?
- Partners for Health Wellness Program

