

**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**

**Bad**

Fruits & Vegetables

Fried foods

Low-fat and fat-free milk products

Full fat milk products

Broth based soup

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

Whole grains

Lean meat, poultry, & fish

High fat and high sugar foods

Legumes (beans & peas)

Fatty cuts of meat

