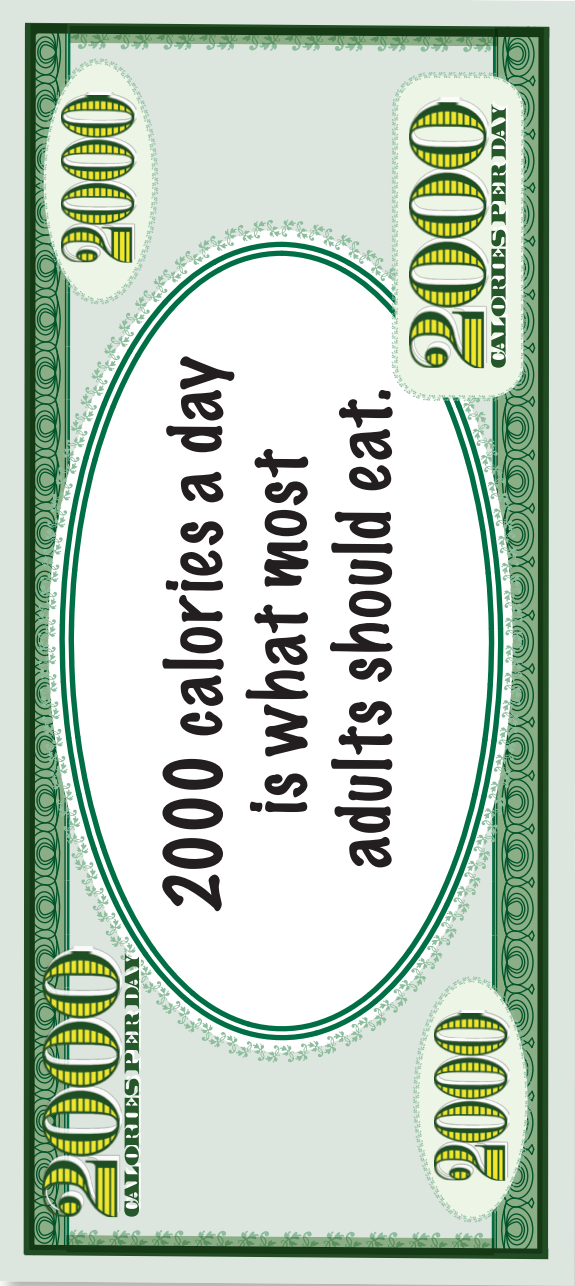


# How will you spend yours this Monday?

Do the



\*



\*Based on the Dietary Guidelines for Americans, 2000 calories a day is what most adults should eat.

Introducing Monday 2000! Experts agree that controlling calorie intake is crucial to maintaining a healthy weight. Monday 2000 is a weekly reminder not only to consider calories, but to stay within the USDA's recommended 2000 calorie allowance. Below are some great tips to help you balance your 2000 calorie budget!

**Smaller portions can help you stay within your calorie budget.**

**Some foods can wipe out your calorie budget in one meal. Look at the calorie labeling before you eat.**

**Stop eating when you feel 3/4 full. Sometimes it takes a few minutes for your stomach to catch up!**

**Smaller plates hold fewer calories.**

**Fruits and vegetables are less taxing on your calorie budget. Eat more of them!**

**Fried foods can bust your calorie budget. Eat less of them!**

**Substituting one food for another can help you stay within your calorie budget. For instance, try fresh blueberries instead of blueberry pie.**

*Do the*



***How will you spend your 2000?***