06/04 SYFYW
Source: American Dietetic Association www.eatright.org

Dining Out with Healthy Eating in Mind

Click the link below to find out more!

http://www.eatright.org/Public/NutritionInformation/index_18510.cfm

For more information about this or other healthy weight management topics, contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW Community Website** at **http://airforcemedicine.afms.mil/shapeyourfuture**.

Shape Your Future… Your Weigh!™