



A simple 100 calories a day can be the difference in weight maintenance versus gain or loss.

Click the link below to find out more!

http://www.eatright.org/Public/NutritionInformation/index_17662.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!™