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Source: American Dietetic Association www.eatright.org

# Trying to Lose Weight? Remember Calories Count

**Click the link below to find out more!**

**http://www.eatright.org/Public/NutritionInformation/index_18816.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!™***