



YOUR WEIGHT

Get A Smart Start

(NAPSA)—When you want to lose weight and make smart food choices, the government's nutrition experts have a Web site that can help. Reliable nutrition tips, tools, and science-based recommendations are at www.nutrition.gov.



To maintain a healthy weight, you need a reduced-calorie eating plan that's nutritionally balanced and regular physical activity.

Set realistic short-term goals. Even a small weight loss can yield health benefits and lead to long-term success. The Weight Control spotlight at the site provides practical step-by-step assistance. Tools you can use include the Interactive Healthy Eating Index and the Physical Activity Tool to check your diet and physical activity, see what you are doing right and decide what changes you might make.

Calories and portion sizes matter. Check your progress weekly, and make changes to stay on track with your goals.

Go to www.nutrition.gov for reliable information and for useful tools—recipes, exercise logs, nutritional data, more.