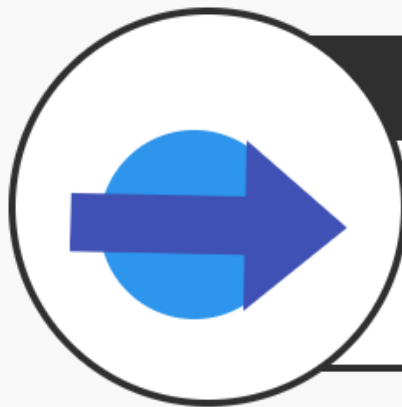


USDA Guidelines for **Changing Dietary Habits** for Weight Loss



INCREASE

- Fruits
- Vegetables
- Whole Grains
- Unsaturated Fats



MODERATE

- Alcohol
- Dairy Products



DECREASE

- Red Meats
- Sugar-Sweetened Foods
- Saturated Fats
- Sodium
- Refined Grains

Source: US Department of Health and Human Services & US Department of Agriculture. (2015, December) Dietary Guidelines for Americans 2015-2020 [Informative]. Health.Gov. <https://health.gov/our-work/food-nutrition/2015-2020-dietary-guidelines/guidelines/>