Food and Beverage Companies contribute to reducing obesity with 6.4 trillion calories cut per year:
Infographic

January 30, 2014
WHERE CAN THOSE 100 CALORIES COME FROM?
It’s not hard; try looking at areas where you’ve already begun cutting back. Food companies have reduced 5.4 trillion per year from packaged foods alone.

- 78 fewer calories per day from packaged foods
- 127 fewer calories per day eaten outside the home
- 53 fewer calories per day from quick serve restaurants

INCREASING ACTIVITY CAN HELP US ACHIEVE OUR 2020 GOAL EVEN FASTER.
Through balanced meals and family fitness, the U.S. can become a healthy, active nation.

- Walking = -272 calories/hr
- Dancing = -465 calories/hr
- Biking = -286 calories/hr

Eating smaller portion sizes
Staying hydrated
Eating the rainbow

WE AREN’T DONE YET. THERE’S MORE TO DO. JOIN US.

SOURCES