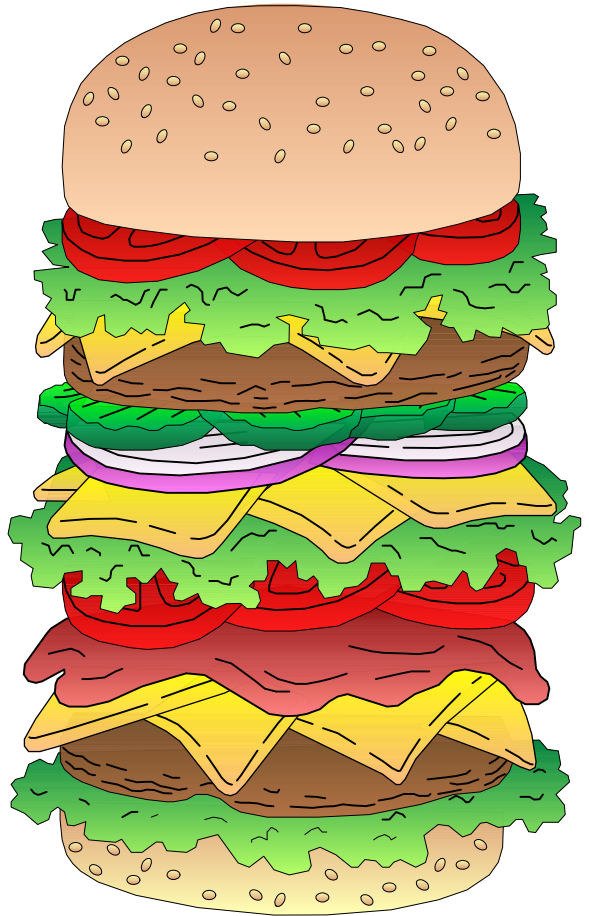


SIZING IT UP?

You may feel like you're getting a bargain when you buy a bigger serving of food for just a little bit more money, but it can cost you in the end. **It's a simple matter of math.** 3500 calories equal one pound of body weight. So in order to lose one pound over time, you either have to **take in fewer** calories or **burn more** calories through exercise (or some combination of taking in fewer and burning more). When you eat

at a fast-food restaurant -- leaving aside for now the nutritional value -- a regular cheeseburger, small fries, and small soda provides about 700 calories. A quarter-pound burger, large fries, and large soda deliver about 1400 calories. **So choose smaller, stay healthier.** See, math does come in handy!



the big number

2700

The average American consumes 2700 calories a day, 25% more than in 1970

**EAT BETTER. PLAY HARDER.
LIVE HEALTHIER. LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!™

D.T.S.D. FOOD SERVICES