



lb./kg.

Why do you want to lose weight?

**3 Not so good reasons**

- ❖ To make a bad relationship good
- ❖ To make someone proud of you
- ❖ To make someone like you

**3 Good reasons for wanting to lose weight**

- ❖ To get fit
- ❖ To avoid health problems
- ❖ To improve your self confidence

# WE NEED TO EAT GROWING FOODS!



## THEY ARE...

BROCCOLI  
CARROTS



SPINACH

APPLES

BANANAS

PASTA

MILK



CHICKEN

FISH

ALMONDS

PEANUT BUTTER

TOMATOES

WHOLE WHEAT BREAD



## GET HEALTHY HARTFORD



## WE EAT TOO MUCH OF.....



## NON-GROWING FOODS

CAKE

CHOCOLATE

SOFT DRINKS

HI-C

CANDY BARS

PIES

FAST FOOD

ICE CREAM

COOKIES

