



The Fight against Obesity in America

Fun Facts!



Approximately 1 in 3 adults are considered obese

1/6

The amount of children considered obese by national standards.



Extreme Obese Not Extreme Obese

1/20 adults are diagnosed with Extreme Obesity.

What Can You Eat To Stay Healthy?



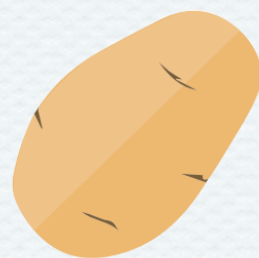
Lettuse



Avocado



Tomatoes



Potatoes