



Healthy Weight Loss and Maintenance

References

1. Healthy Weight Losing Weight: Getting Started. Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/losing_weight/getting_started.html. Updated 10 December 2015. Accessed 17 November 2016.
2. Aim for a Healthy Weight: Key Recommendations. National Heart, Lung, and Blood Institute. http://www.nhlbi.nih.gov/health/educational/lose_wt/recommen.htm. (n.d.). Accessed 18 November 2016.
3. Healthy Eating Plan. National Heart, Lung, and Blood Institute. http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm. (n.d.). Accessed 07 November 2016.
4. Healthy Weight. Centers for Disease Control and Prevention. <http://www.cdc.gov/healthyweight/index.html>. Updated 03 November 2015. Accessed 07 November 2016.
5. Losing Weight. Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/losing_weight/index.html. Updated 15 May 2015. Accessed 18 November 2016.
6. Choose MyPlate.gov. US Department of Agriculture. <https://www.choosemyplate.gov/>. Updated 7 January 2016. Accessed 21 November 2016.
7. Eat More, Weight Less? Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/healthy_eating/energy_density.html. Updated 15 May 2015. Accessed 18 November 2016.
8. 2015-2020 Dietary Guidelines for Americans. Office of Disease Prevention and Health Promotion. <https://health.gov/DietaryGuidelines/>. December 2010. Accessed 08 November 2016.
9. Aiming for a Healthy Weight: Assessing Your Weight and Health Risk. National Heart, Lung, and Blood Institute. https://www.nhlbi.nih.gov/health/educational/lose_wt/risk.htm. (n.d.). Accessed 25 November 2016.
10. Healthy Eating Plan. National Heart, Lung, and Blood Institute. http://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm. (n.d.). Accessed 7 November 2016.
11. Serving Sizes and Portions. National Heart, Lung, and Blood Institute. <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/distortion.htm>. Updated 30 September 2013. Accessed 28 November 2016.





Healthy Weight Loss and Maintenance

12. Size Up Your Servings. Navy and Marine Corps Public Health Center.
http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/HPW_WeightManagement_SizeUpYourServings.pdf. (n.d.). Accessed 17 January 2017.

