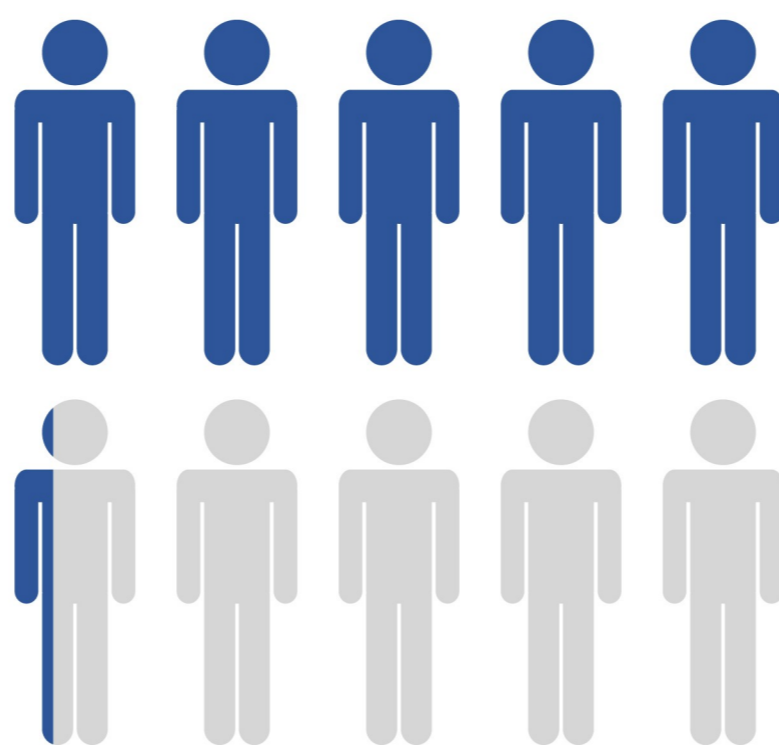
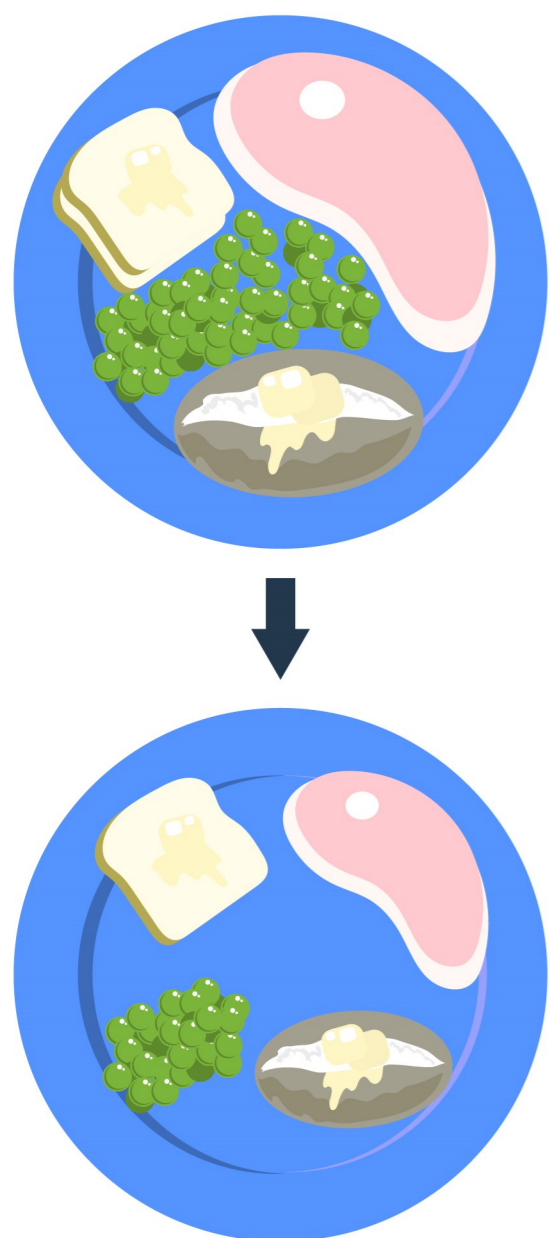


More than half of Americans believe *eating smaller portions* than what they do now, and *tracking and increasing physical activity* are the most effective methods for weight management.



8 out of 10 of those who said they are trying to lose or maintain their weight are at least somewhat likely to use these 2 methods in the next year.

