**Supplement 2**

|  |  |
| --- | --- |
| **Lifestyle Component** | **Population-Based Recommendations**  |
| Calories | Aim for a 500 calorie deficit per day for weight loss. |
| Protein | Consume 10-35% of calories from protein.  |
| Total Fat | Consume 20-35% of calories from fat.  |
| Saturated Fat | Limit your saturated fat intake to less than 10% of total calories. |
| Unsaturated Fat | Consume a balance of monounsaturated and polyunsaturated fat to meet your total fat needs. |
| Monounsaturated Fat | Consume a balance of monounsaturated and polyunsaturated fat to meet your total fat needs. |
| Polyunsaturated Fat |
| Sodium | Consume less than 2300 mg sodium daily.  |
| Eating Between Meals | Do not go longer than six hours without eating throughout the day. Ensure snacks and meals are calorie-controlled. |
| Physical Activity  | Aim for 150 minutes/week of physical activity with muscle strengthening activities at least 2 days/week. |
| Endurance | Find an endurance-based activity that you enjoy – meet the physical activity guidelines stated above. |
| Strength and Power | Find a strength/power based activity that you enjoy – meet the physical activity guidelines stated above. |