

# Know Your Calories!

## Ways to Lose Weight

- Eat the right amount of calories for YOU
  - See <http://www.mypyramid.gov>
- Eat breakfast every day and don't skip meals
- Many people eat the majority of calories in the evening when "output" or exercise is low
  - Make a "Food Diary"
- Know what, when, and how much you eat
- Eat a variety of foods to ensure that you get all of your daily nutrients
  - Limit your daily intake of saturated fat
    - Choose high fiber foods
    - Limit liquid calories
- Juice, soda and alcohol can be more than 200 calories per serving!
  - Watch the size of your portions
- Watch for hidden calories (buy a calorie counter)
  - Exercise on a regular basis.
    - Aim for 60 minutes a day
- Eat your dessert too! If you restrict foods, your behaviors will not change.
  - Be aware of your portion size and calories

## Understanding Calories



Intake

=



Output

=

Weight Maintained



Intake

>



Output

=

Weight Gain



Intake

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Output

=

Weight Loss



Weight training for 30 minutes burns 215 Calories

30 minutes will burn the calories of 1 regular Kit Kat bar



Aerobic exercise for 30 Minutes burns 220 calories

30 minutes will burn the calories of 9 Hershey Kisses!



Bicycle riding for 30 minutes burns 220 Calories

Walking briskly for 30 minutes burns 200 calories

