



# Energy Balance—More than Just Math

**When it comes to keeping a healthy weight, the bottom line is – all calories count!**

Weight management is all about balance—balancing the number of calories you eat or drink with the number of calories your body uses.

## What is a calorie?

- A **calorie** is a unit of energy supplied by food. A calorie is a calorie regardless of its source. Whether you're eating carbohydrates (sugars and starches), fats, or protein, they all contain calories. Fats contain the most calories at 9 calories per gram followed by alcohol at 7 calories per gram, with carbohydrates and protein at 4 calories per gram.
- **Caloric balance** is like a scale. To remain in balance and maintain your body weight, the calories you eat and drink must be balanced by the calories you use (in normal body functions, daily activities, and exercise).

The bottom line is... each person's body is unique and may have different caloric needs. A healthy lifestyle needs balance—in the foods you eat, the beverages you consume, the way you do your daily activities, and in the amount of physical activity or exercise you do. You don't have to count your calories all the time. It might help you to count calories in the beginning to make you more aware of eating habits as you work to get the right energy balance. The best test of balance is whether you are gaining weight, losing weight or keeping the same weight.

**Q** "If I eat late at night, will these calories turn into body fat?"

**A** The time of day isn't what affects how your body uses calories. It's the total number of calories you eat and the calories you burn (use up) in a day that affects your weight.

**Q** "I've heard it is more important to worry about carbohydrates than calories. Is this true?"

**A** No. By focusing only on carbohydrates, you can still eat too many calories. Also, if you drastically reduce the variety of foods in your diet, you could end up not getting vital nutrients and not be able to stay on that eating plan over time.

Research shows that people get full by the *amount of food* they eat, not the *number of calories* they take in. You can cut calories in your favorite foods by lowering the amount of fat and or increasing the amount of fiber-rich ingredients, such as vegetables and fruit.



# Energy Balance – More than Just Math

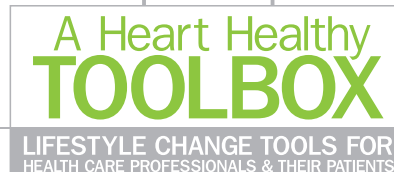
## What foods will fill me up?

To be able to cut calories without feeling hungry, look for foods high in fiber and lower in calories such as fruits, vegetables, whole grains or beans.

Choose these foods more often to fill up with fewer calories:	Choose these foods less often to save calories:
<b>Fruits and vegetables prepared with little or no fat</b> Lettuce, cabbage, spinach, broccoli, cauliflower, squash, tomatoes, carrots, apples, oranges, bananas, berries, melons, dried fruits such as raisins in small portions	<b>Fried Foods</b> French fries, onion rings, other fried veggies
<b>Low fat and fat-free milk products</b> Low or fat-free milk, low or fat-free yogurt, low or fat-free cottage cheese, low or fat-free sour cream	<b>Full-fat milk products</b> Whole and 2% milk, full-fat cheese, cottage cheese and sour cream, full-fat ice cream
<b>Broth Based Soups</b> Vegetable-based soups, soups with chicken or beef broth, tomato soups (without cream), seafood gumbos	<b>Cream Based Soups</b> Chowders and bisques
<b>Whole Grains</b> Brown rice, whole wheat bread, whole wheat pastas, whole grain cereals, oatmeal, grits, quinoa, popcorn	<b>Refined Grains</b> White rice, white bread, breads with enriched wheat flour as the first ingredient, cereals with sugar as the second or third ingredient, doughnuts, pie crust, croissants
<b>Lean meat, poultry and fish</b> Chicken or turkey without the skin, lean beef and pork cuts like round or loin, ground beef (lean or extra lean), grilled fish, broiled or boiled shellfish	<b>High Fat Meats</b> Fried meats, Prime rib, rib eye
<b>Legumes (beans and peas)</b> Black, red kidney and pinto beans (without added fat), green peas, black-eyed peas, nuts	<b>Snack Foods and Desserts</b> Chips, dips, cookies, snack bars, candy, cakes, cupcakes

### A healthy, balanced eating plan is one that —

- emphasizes fruits, vegetables, whole grains, and fat free or low-fat milk and milk products
- includes lean meats, poultry, fish, beans, eggs, and nuts
- is low in saturated fats, trans fats, cholesterol, salt (sodium), and sugars
- stays within the number of calories your body needs for your physical activity level





# Energy Balance – More than Just Math

## Ten Ways to Reduce Your Calorie Intake

- 1** Choose no calorie or low calorie beverage options.
- 2** Put the salad dressing on the side and dip your fork into it.
- 3** Leave off the cheese on the burger or sandwich.
- 4** Choose sparkling water with lemon or lime instead of the glass of wine or alcoholic beverage.
- 5** Choose baked or broiled meat instead of fried.
- 6** Choose salsa instead of cheese dip.

- 7** Try vegetables and dip instead of chips.
- 8** Choose salad or fruit with a sandwich rather than chips or fries.
- 9** Choose steamed veggies instead of rice or potato for a side dish.
- 10** Reduce the size of your morning latte and choose skim milk instead of whole milk.

**Making small changes by reducing your calorie intake by 100 calories per day, sitting less and adding physical activity can help you gradually lose weight and keep it off!**