

Counting Calories

Presented By: Kristie Holt, MPH, CHES

What is a Calorie?

- The unit in which we measure energy from food.
- Calories come from the CARBOHYDRATES, PROTEIN, and FAT in foods.
- Vitamins and minerals do NOT supply calories.
- Water does NOT supply calories.
- ALCOHOL DOES contain calories.

How Many Calories Do I Need?

Multiply your IDEAL weight by:

INACTIVE	12
LIGHTLY ACTIVE	15
MODERATELY ACTIVE	16-20
VERY ACTIVE	21-25

Other Factors to Consider

- Men have greater muscle mass
- Muscle burns more calories than fat
- As we age metabolism slows
- Gender, age, and muscle mass are important

Carbohydrates

- Carbs have 4 calories per gram.
- Carbs that provide fiber and more nutrients are called complex.
- Simple sugars are also carbs.
- Whole grains, fruits, veggies, beans, rice, cereals, etc.



Make Your Carbs Count!



Healthy Carbohydrates

- Foods that are still in their natural state, or similar to their natural state
- Generally high in fiber, rich in vitamins, minerals and nutrients



Limit these Carbohydrates

- Foods that have been refined and processed
- Generally loaded with additives, including colorings, flavorings and preservatives
- Will generally gain weight if you eat too many bad carbohydrates

Protein

- Protein has 4 calories per gram.
- Lean protein sources are the best.
- Fish, eggs, beef, chicken, turkey, pork, etc.
- Soy products, dairy products, beans and nuts also supply protein.



Fat

- Fats contains more than 2x as many calories per gram than proteins and carbs.
- Fat has 9 calories per gram.
- Butter, cream sauces, oil, lard, full fat dairy products, fried and greasy foods.



Fat Adds Calories

**3 oz baked potato. No fat.
65 calories**



**3 oz. fries. 12 grams of fat.
220 calories**



Alcohol

- Contains 7 calories per gram.
- Negative impact on triglycerides, blood sugar and liver function.
- Not as easy to burn off.
- Leads to weight gain.



Quarter Pounder with Cheese

30 grams of FAT = $(30 \times 9) = 270$ calories

38 grams of CARBS = $(38 \times 4) = 152$ calories

28 grams of PROTEIN = $(28 \times 4) = 112$ calories

270 + 152 + 112 = 534 TOTAL CALORIES

Caloric Balance

- ◆ Energy in must be less than energy out
- ◆ Eat less, and move more!
- ◆ Eat 250 less calories a day
- ◆ TOTAL of 30 – 60 minutes of exercise on most, if not all days. Go for using 250 extra calories a day.

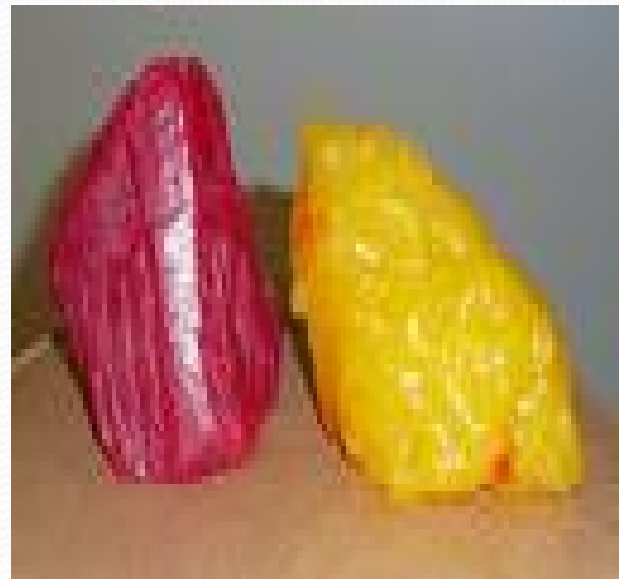


Examples of 250 Calories

- 1 cup (8 oz.) low fat fruit flavored yogurt
- ½ cup strawberry ice cream
- 1 large Mrs. Fields oatmeal cookie
- 1 (2 oz.) glazed doughnut
- Less than 1 regular sized Snickers candy bar
- 1 typical “sports” or “protein” bar
- 1 “grande” frappachino

Weekly Caloric Deficit

- Eat 1750 less calories per WEEK.
- Burn 1750 more calories per week.
- WEEKLY deficit of 3500 calories
- **3500 calories = 1 pound of fat loss**



Keeping Track of Calories

1. Read food labels
2. Watch portion sizes
3. Limit eating out, especially fast foods
4. Avoid drinking your calories
5. Keep a food log

Food Labels

- Serving Size
- Total Calories
- Calories from Fat

Aim for foods with
LESS than 30% of
calories from fat.

Nutrition Facts		
Serving Size 1 cup (228g)		Start here
Servings Per Container 2		
Amount Per Serving		Check calories
Calories 250	Calories from Fat 110	
% Daily Value*		Quick guide to % DV
Total Fat 12g	18%	5% or less is low 20% or more is high
Saturated Fat 3g	15%	
<i>Trans</i> Fat 3g		
Cholesterol 30mg	10%	Limit these
Sodium 470mg	20%	
Potassium 700mg	20%	
Total Carbohydrate 31g	10%	Get enough of these
Dietary Fiber 0g	0%	
Sugars 5g		
Protein 5g		
Vitamin A	4%	
Vitamin C	2%	
Calcium	20%	
Iron	4%	Footnote
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Serving Size is Important

20 Years Ago



333 calories

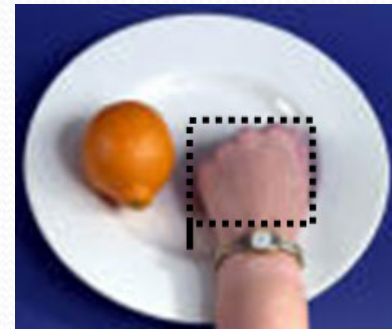
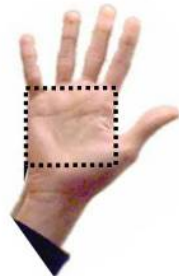
Today



??? calories

Portion Sizes

- Use **your palm** as a guide for a serving of poultry, fish and meat (the proteins)
- Use **your fist** as a guide for a serving of potato, pasta, rice, etc. (the carbs and starches)



How Much Would You Have?

one serving



More than one serving



Surviving Fast Foods

- What is wrong with this picture?



Follow These Steps

1. Before you order, check nutrition information- web sites and brochures.
2. Choose your main dish wisely.
3. Choose a healthier side dish.
4. Keep dressings and sauces on the side.



Compare Main Entrees

Restaurant	Healthiest Choice	Don't Even Think About It
Arby's	Light Roast Turkey Deluxe (240 Calories 4g Fat)	Stuffed Potato (648 Calories 38g Fat)
McDonald's	Hamburger (255 Calories 12g Fat)	Big Mac (570 Calories 35g Fat)
	Chicken McNuggets (270 Calories 15g Fat)	Quarter Pounder w/Cheese (525 Calories 32g Fat)
Subway	Veggie Delight Sub (237 Calories 3g Fat / 6")	Spicy Italian Salad (460 Calories 22g Fat)
	Turkey Breast Sub (289 Calories 4g Fat / 6")	Tuna Sub (542 Calories 32g Fat / 6")
Taco Bell	Taco (180 Calories 10gFat)	Taco Salad w/Salsa (850 Calories 52g Fat)
Burger King	Chicken Broiler (300 Calories 18 g Fat) Honey Mustard 8 g Fat	Double Whopper w/cheese (580 Calories 30 g Fat)

Modify Entrees to Save Calories

Remember: 1 tsp of Crisco Oil = 5 grams of fat

McDonald's Sausage
Egg Biscuit

35 fat grams

McDonald's Egg
McMuffin

12 fat grams

McDonald's Egg
McMuffin, no
cheese

8 fat grams

Burger King Chicken
Sandwich

40 fat grams

BK Broiler Chicken
Sandwich

18 fat grams

BK Broiler Chicken
Sandwich,
no sauce

8 fat grams

12 oz prime rib
(lean and fat)

100 fat grams

12 oz prime rib
(lean only)

35 fat grams

8 oz filet mignon
(lean only)

16 fat grams

Choose the Right Drink

- A 32 ounce regular soda has 300 calories, with NO nutrition.
- Special coffee drinks can pack more than 500 calories.
- A large shake may have 800 calories.



Best Bets- Drinks

- ① Water
- ① Plain tea
- ① Black coffee, or
with skim milk
- ① Skim milk



Keep a Food Log

- People whom keep a food log are more successful with weight loss.
- Helps you identify “problem” foods.
- Helps you stay in control.
- Makes you accountable for your choices.
- Helps you recognize patterns.
- Motivates you to stick with your program.

Shift Your Attitude

- Change your “all or nothing” attitude.
 - Many believe you can only reach fitness or weight management goals with vigorous, long lasting exercise sessions or starvation diets. Simply not true!
 - Find easy ways to exercise for a few 10 minute sessions each day. Take out 1 non nutritious snack.



You Can Do It!
Eat Well
Stay Well

