

# Tip the Calorie Balance

**When you eat food, you take in calories.**

Calories in food come from fat, carbohydrates (starches and sugars), and protein. Alcohol also has calories. Fat and alcohol have the most calories per gram.

**Calories measure the energy you use up or "burn."**

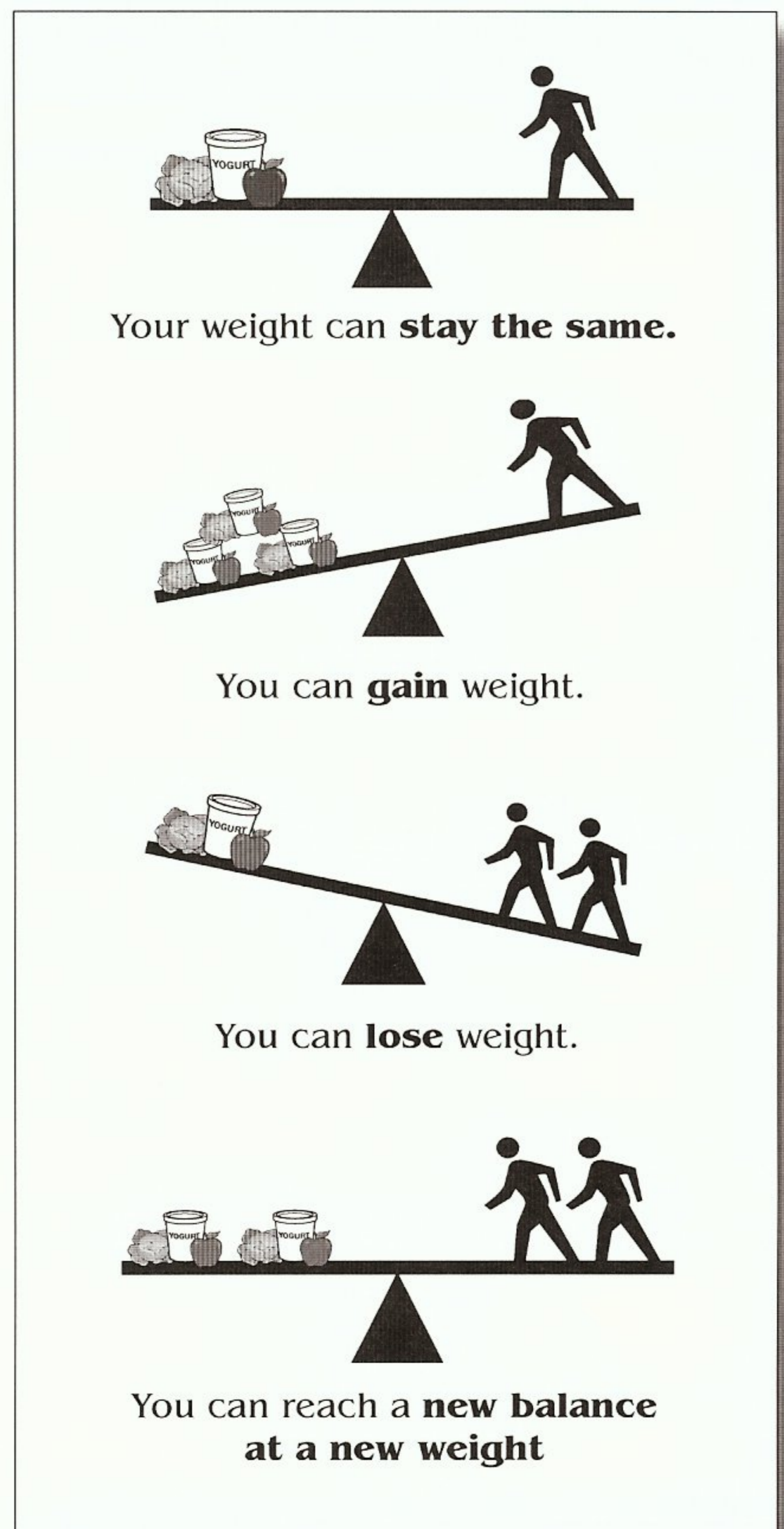
You use some calories just by breathing. You use even more calories when you are physically active. For example, one mile of brisk walking (15-20 minutes) burns about 100 calories.

**Your weight is the balance between the calories (energy) you:**

**Take in by eating, and  
Use up by being active**

**Remember:**

- ❖ To lose weight, use more energy (by being more active) than you take in with the foods you eat.
- ❖ Slow, steady weight loss (1 or 2 pounds a week) is the best way to lose body fat.
- ❖ Make the changes part of your lifestyle...and you will keep the weight off.



## Cutting 500 calories a day is as simple as 1, 2, 3!

- |  |                       |
|--|-----------------------|
| 1. Drink water at lunchtime instead of a 12-oz can of soda.                                    | - 140 calories        |
| 2. Eat a medium apple (81 calories) for dessert instead of a fudge nut brownie (340 calories). | - 259 calories        |
| 3. Take a 15-20 minute brisk walk after dinner.  | - 100 calories        |
|  | <hr/>                 |
| <b>Total:</b>  | <b>- 499 calories</b> |

### To lose:

**1 pound** per week

**1 1/2 pounds** per week

**2 pounds** per week

### Tip the balance this much:

3,500 calories per week (or **500 each day** for 7 days)

5,250 calories per week (or **750 each day** for 7 days)

7,000 calories per week (or **1,000 each day** for 7 days)

See *Healthy Eating*, page B-1 for information on making healthy food choices.