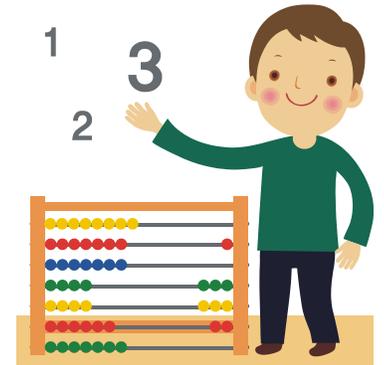




# Health Yourself Byte

## CALORIES COUNT . . .

While there are a variety of diet programs and strategies . . .  
weight loss still comes down to counting calories!!



Calories are the energy in food and carbohydrates, proteins and fats provide the main energy sources for your body. Protein and carbohydrates have 4 calories per gram, fat has 9 calories per gram and alcohol has 7 calories per gram. Regardless of where they come from, the calories you eat are either used for physical energy or stored in your body as fat. Unless you use those stored calories, either by reducing calories intake so that your body dips into your reserves or you increase your physical activity to burn more calories, the fat remains in your body.

3500 calories = 1 pound so you need to burn 3500 more calories than you take in to lose 1 pound! Try these simple suggestions to accomplish that goal:

1. Limit your high calories foods such as soft drinks, that morning café latte or bowl of ice cream after dinner.
2. Choose lower calories foods: 1% or fat-free milk instead of whole milk or 2% milk; choose an extra serving of vegetables versus an extra serving of meat.
3. Reduce portion sizes by:
  - a. Serving smaller portions
  - b. Make sure that you see what you eat. If you eat directly out of a container or bag you have no sense of how much you're eating. Put everything on a plate.
  - c. Check food labels for the number of servings and calories per serving.
4. Don't feel obligated to clean your plate. Stop eating when you feel full which should be a feeling down near your navel NOT mid chest!



The Medical  
Center of Plano