

Start the New Year Off by Counting Calories by the American Institute for Cancer Research

Overweight is out of control in America because people eat large portions and burn too few calories. To control weight, the balance between the calories you take in and the calories you use is what matters. One pound of body weight equals about 3,500 calories. If you want to lose a pound, you have to eat less than you burn over time until 3,500 calories are gone. It's that simple.

I. If a person cuts his or her calorie consumption from 2,000 to 1,750 calories a day without changing his or her activity level, how many days will it take to lose one-half pound?

The number of calories in food depends on how much carbohydrate, fat and protein it contains. Alcohol in beverages also affects the number of calories. To see how many calories are in the foods you eat, check the Nutrition Facts label. Remember, the calorie counts listed on the label are *per serving*. Your portion may be greater or less than the standard serving.

II. Can you pair these breakfast foods with their corresponding calorie count?

1. ____ $\frac{3}{4}$ cup dry cereal, 8 oz skim milk, 6 oz orange juice, small banana
2. ____ two scrambled eggs, two slices of bacon, two slices of whole-wheat bread
with two teaspoons of butter
3. ____ three plain donuts
4. ____ fruit smoothie with $\frac{1}{2}$ cup nonfat yogurt, 1 cup mango, $\frac{1}{2}$ cup nonfat milk
5. ____ 4 oz. plain bagel with 2 tablespoons cream cheese

- A. 262 calories
- B. 332 calories
- C. 346 calories
- D. 444 calories
- E. 540 calories

Although calorie requirements vary among individuals, in general, for children ages two to six, women and some older adults, the recommended daily number of calories is 1,600. For older children, teenage girls, active women and most men it is about 2,200. For teenage boys and active men, 2,800. However, if you're eating more than your activity level requires, try reducing your portion sizes or exercising more.

III. Can you match these activities with the approximate number of calories burned by a 150 pound person doing them for 30 minutes? The numbers are based on a moderate level of activity. A lighter person would burn fewer calories than those listed, while a heavier person would burn more.

1. ____ Golfing without a cart
2. ____ Jogging
3. ____ Aerobics

4. ____ Walking briskly
5. ____ Gardening

- A. 140 calories
- B. 150 calories
- C. 170 calories
- D. 200 calories
- E. 340 calories

Answers:

I. one week

II. 1B, 2D, 3E, 4A, 5C

III. 1B, 2E, 3D, 4A, 5C

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