

## What is a Calorie:

Calories are a measure of the amount of energy in food. Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use.

## Calories and energy balance:

When we eat and drink, we're putting energy (calories) into our bodies. Our bodies then use up that energy. The more physical activity we do, the more energy (calories) we use.

## Calories and Weight Loss:

If you're trying to lose weight, it's a good idea to eat less and be more active. "Burn More Calories!" Eating less is important when you're trying to lose weight, even if you already have a balanced diet.

## EAT YOUR WAY TO HEALTH!

What we eat and how much of it makes a difference in overall health as well as in weight loss .



## Tips for Consuming Less Calories:

- Get Support: Check with your physician before starting a weight management program.
- Make A Commitment: Permanent weight loss and change of life style requires time and effort. Commit to lifelong changes for good health.
- Set Realistic Goals: Healthy weight loss is 1-2 pounds per week and results vary by individual.
- Eat Frequently and Do Not Skip Meals: Eat small, frequent mini-meals to help your body efficiently burn calories. Skipping meals will cause your body to hold onto fat rather than burn it.
- Enjoy Healthier Foods: Choose fresh fruits and vegetables, whole grains, beans, nonfat yogurt, nuts and seeds, and high fiber cereals..
- Cut Out the Junk: Avoid or Minimize sugary, fatty, processed and sodium rich foods.
- Get Active and Stay Active: Exercise a minimum of 30 minutes, 3-5 days a week.
- Stay Hydrated: Drink a minimum of 8 glasses of water per day to help your body function at it's best and control hunger
- Keep a Positive Mental Outlook: Don't be too hard on yourself! A healthier Life-style should be FUN!



Crowley Crews  
Count  
Calories...  
because



Calories Count !

## How Many Calories are needed?

- An average man needs around 2,500cal a day.
- An average woman, needs around 2,000cal a day.

These values can vary depending on age and levels of physical activity, among other factors.

## Where do I find Calorie Information?

The calorie content of many foods is stated on the packaging in the food nutrition facts label, also known as the food label, which you will often find on the back or side of the packaging.

Some restaurants put calorie information on their menus, so you can also check calorie content of foods when eating out. Calories should be given per portion or per meal.

## The Calories to Count:

- **Protein**– this calorie source has 4 calories for every gram and should make up about 20% of your daily caloric intake.
- **Carbohydrates**– this calorie source has 4 calories for every gram and should make up about 60% of your daily caloric intake.
- **Fats**– this calories source has 9 calories for every gram and should make up 20% of your daily caloric intake.

## Food Nutrition Facts Label

The food nutrition label is one of the most important things you will need to understand what makes up a healthy diet. Most foods in the store have a nutritional label. Understanding the label can make it easier for you to know what you are eating and how to plan your choices.

**Serving size:** The first place to start when you look at the Nutrition Facts is the serving size. The label on the container is based on a serving.

**Amount per serving:** This line tells you the number of calories per serving and the number of calories from fat.

**Calories:** This is the amount of calories in one serving. A calorie is a measure of the fuel you get from the food you eat.

**Percent daily values:** The percent daily values are based on a 2,000 calorie diet, which has 30% or less calories from fat a day. Knowing the individual value allows you to look at the information in the left column and decide whether or not these numbers fit into your daily allowance for that nutrient.

Nutrition Facts			
Serving Size 1 cup (228 g)			
Servings per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value	
Total Fat	12g		18%
Saturated Fat	3g		15%
Trans Fat	3g		
Cholesterol	30mg		10%
Sodium	470mg		20%
Potassium	700mg		20%
Total Carbohydrate	31g		10%
Dietary Fiber	0g		0%
Sugars	5g		
Protein	5g		
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories	2,000	2,500
Total Fat	Less Than	65mg	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

**Servings per container:** This lets you know how many servings are in the package. This number is very important and must be taken into account whenever you buy something that contains more than one serving. To find out how much you eat, multiply the amount in one serving and the number of servings you eat.



**Vitamins & Minerals:** The food manufacturers are required to list the amount of vitamin A, vitamin C, calcium and iron that are in this product.

