

SESSION 2: Burn More Calories Than You Take In



Session Focus

This session we will talk about:

- The link between calories and weight
- How to track the calories you take in
- How to track the calories you burn
- How to burn more calories than you take in

You will also make a new action plan!

Paul's Story

Paul is 47 years old and weighs 240 pounds. His doctor urges him to lose around 10% of his body weight, or 24 pounds, at a rate of 1 pound a week.

Losing 1 to 2 pounds a week is a healthy goal for most adults, experts say. This gradual weight loss is the way to make lasting changes.

To lose 1 pound a week, Paul needs to burn 3,500 more calories than he takes in each week. That's 500 calories per day.

What are some ways that Paul could burn 500 more calories than he takes in each day?

1. He could take in 500 fewer calories per day by changing his eating habits.
2. He could burn 500 more calories per day by being more active.
3. Or he could cut 500 calories per day through a mixture of eating and activity.

Paul needs about 2,200 calories a day just to stay at the same weight. If he cuts 500 calories per day, that leaves him with 1,700 calories.

That may not sound like a lot of calories to work with. But keep in mind: Paul can reach that goal through a mixture of eating and activity.

What are daily calorie needs?

Your daily calorie needs are the calories you need to maintain your weight. This number is based on your age, sex, height, build, and weight. It doesn't take your activity level into account.

Let's see how Paul does on Sunday.

- First, he eats a 400-calorie breakfast.
- Then, he takes a brisk walk and burns 90 calories.
- Later, he has a 200-calorie mid-morning snack.
- He has a 500-calorie lunch.
- Later, he has a 100-calorie afternoon snack.
- Then, he mows the lawn and burns 100 calories.
- He has a 600-calorie dinner.
- Then, he takes a longer brisk walk and burns 120 calories.
- Later, he has a 200-calorie bedtime snack.

To figure out Paul's actual calories, we'll start with the calories he takes in. Then we'll subtract the calories he burns:

$$2,000 - 310 = 1,690$$

Paul beats his goal by 10 calories!

These days, Paul is losing about 1 pound each week through a mixture of eating and activity. And he's halfway to his goal weight.

Paul's needs: 2,200 calories/day	
Paul's goal: 1,700 calories/day	
Calories <u>in</u>	Calories <u>out</u>
400	90
200	100
500	120
100	
600	
200	
2,000	310

Ways to Eat Fewer Calories

Here are some ways to cut calories at each meal. Try these healthy swaps.

IDEAS FOR EVERY MEAL!		
Breakfast	Healthy swap	Calories saved
Top your cereal with low fat or fat-free milk instead of 2% or whole milk.	1 cup fat-free milk instead of 1 cup whole milk	63
Use a non-stick pan and cooking spray (rather than butter) to scramble or fry eggs.	1 squirt cooking spray instead of 1 pat butter	34
Choose reduced-calorie margarine spread for toast rather than butter or stick margarine.	2 pats reduced calorie margarine instead of 2 pats butter	36

IDEAS FOR EVERY MEAL!

Lunch	Healthy swap	Calories saved
Add more vegetables such as cucumbers, lettuce, tomato, and onions to a sandwich instead of extra meat or cheese.	2 tomato slices, ¼ cup sliced cucumbers, and 2 onion slices instead of ¾ ounce cheese and 1 ounce ham	154
Pair a sandwich with fruit instead of chips or French fries.	½ cup diced raw pineapple instead of 1 ounce potato chips	118
Choose vegetable-based broth soups rather than cream or meat-based soups.	1 cup vegetable soup instead of 1 cup cream of chicken soup	45
When eating a salad, dip your fork into dressing instead of pouring lots of dressing on the salad.	½ Tbsp. regular ranch dressing instead of 2 Tbsp. regular ranch dressing	109
When eating out, swap a salad for French fries or chips as a side dish.	A side salad with a packet of low-fat vinaigrette instead of a medium order of French fries	270
Dinner	Healthy swap	Calories saved
Have vegetables steamed or grilled instead of fried in butter or oil. Try lemon juice and herbs to flavor the vegetables. You can also use nonstick pans.	½ cup steamed broccoli instead of ½ cup broccoli fried in ½ Tbsp. vegetable oil	62
Change recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach, for some of the ground meat in lasagna.	1 cup part-skim ricotta cheese instead of 1 cup whole milk ricotta cheese	89
When you eat out, get a side dish instead of a main course.	¼ cup pasta with tomato sauce instead of 1 cup pasta with tomato sauce	138
Top pizza with veggies and just a light sprinkling of cheese instead of fatty meats.	One slice of a cheese pizza instead of one slice of a meat and cheese pizza	60

IDEAS FOR EVERY MEAL!

Snack	Healthy swap	Calories saved
Choose air-popped popcorn instead of oil-popped popcorn and dry-roasted instead of oil-roasted nuts.	3 cups air-popped popcorn instead of 3 cups oil-popped popcorn	73
Avoid the vending machine. Pack your own healthy snacks to bring to work. Options include veggie sticks, fresh fruit, low-fat or nonfat yogurt without added sugar, or a small handful of dry-roasted nuts.	8 ounces of sugar-free nonfat yogurt instead of a package of 6 peanut butter crackers	82
Choose sparkling water instead of sweetened or alcoholic drinks.	A bottle of sparkling water instead of a 12-ounce can of regular soda	136
Instead of cookies or other sweet snacks, have some fruit for a snack.	One large orange instead of 3 chocolate sandwich cookies	54

Source: Ideas for Every Meal. Department of Health and Human Services. Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html

Rethink Your Drink

One way to cut calories is to think about what you drink. Drinks don't fill you up the way food does. And, as you can see below, calories from drinks can really add up!

But here's the good news: If you replace drinks that are high in calories with drinks that have low or no calories, you can save 641 calories a day!

Instead of...	Calories	Try...	Calories	Calories saved
Medium caffè latte (16 ounces) made with whole milk	265	Small caffè latte (12 ounces) made with fat-free milk	125	140
20-ounce bottle of regular cola	227	Bottle of water or sparkling water	0	227
Sweetened iced tea from the vending machine (16 ounces)	180	Water with a slice of lemon or lime	0	180
A glass of regular ginger ale (12 ounces)	124	Sparkling water with a splash of 100% fruit juice	30	94
Total calories:	796		155	641

Source: Rethink Your Drink. Department of Health and Human Services. Centers for Disease Control and Prevention. http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rethink_your_drink.pdf

Another way to cut calories is to think about how much you drink. This chart shows the calories in a variety of drinks, from highest to lowest. For high-calorie drinks, size really matters!

TYPE OF DRINK	Calories in 20 oz.	Calories in 12 oz.	Calories saved
Fruit punch	320	192	128
100% apple juice	300	180	120
100% orange juice	280	168	112
Lemonade	280	168	112
Regular lemon/lime soda	247	148	99
Regular cola	227	136	91
Sweetened lemon iced tea (bottled, not homemade)	225	135	90
Tonic water	207	124	83
Regular ginger ale	207	124	83
Sports drink	165	99	66
Fitness water	36	18	18
Unsweetened iced tea	3	2	1
Sparkling water (unsweetened)	0	0	0
Water	0	0	0

Milk contains vitamins, minerals, and protein. But it also contains calories. Choosing low-fat or fat-free milk is a good way to cut calories and still get the things your body needs.

TYPE OF MILK	Calories in 8 ounces
Chocolate milk (whole)	208
Chocolate milk (2%)	190
Chocolate milk (1%)	158
Plain milk (whole)	150
Plain milk (2%)	120
Plain milk (1%)	105
Plain milk (fat free)	90

Drinks and Weight Loss

Experts say it's healthy to lose 1 to 2 pounds per week. Most people need to cut roughly 500 calories a day to lose 1 pound per week. Cutting the calories in your drinks can help you reach this goal.

Source: USDA National Nutrient Database for Standard Reference

Better Drink Choices Made Easy

Use Nutrition Facts Wisely

Here is the Nutrition Facts label on a 20-ounce bottle of soda. It says that one serving is 8 ounces. It tells you that there are 2½ servings in the bottle. And it lists the calories in one serving (100).

NUTRITION FACTS LABEL	
Serving Size	8 fl. oz.
Servings Per Container	2.5
Amount per serving	
Calories	100

To figure out the calories in the whole bottle, multiply the calories in one serving by the number of servings in the bottle (100 x 2½). If you were to drink the whole bottle, you would take in 250 calories.

Calories on the Go

Coffee drinks and smoothies may sound healthy. But the calories in some of your favorite items may surprise you. Check the website, or ask to see the Nutrition Facts. And when a coffee or smoothie craving kicks in, try these tips.

At the Coffee Shop

- Ask for your drink to be made with skim milk instead of whole milk.
- Order the smallest size you can get.
- Hold the flavors. The flavor syrups contain sugar and add calories.
- Skip the whip. The whipped cream on top of coffee drinks adds calories and fat.
- Order a plain cup of coffee with skim milk. Or drink it black.

At the Smoothie Stand

- Order a child's size, if you can get it.
- Pick the smoothie with the least calories.
- Ask for your smoothie to be made without added sugar. Fruit is naturally sweet.

Better Drink Choices

Here are some ideas for healthy drinks:

- Add a splash of 100% juice to plain sparkling water.
- Carry a water bottle. Refill it all day long.
- Choose water or sparkling water.
- Drink tea or coffee without sugar. Enjoy them hot or cold.
- Flavor water with no-calorie drink mix.
- Have fun with water. Add slices of lemon, lime, cucumber or watermelon.
- Keep a pitcher of water in the fridge. Or add ice to water.
- Put your pitcher of water on the table during meals.
- When you do get drinks that contain sugar, choose the smallest size you can get.

How many calories does activity burn?

This chart shows about how many calories a person who weighs 154 pounds would burn at a moderate pace.

CALORIES BURNED AT A MODERATE PACE		
Activities	In 1 hour	In 30 minutes
Hiking	370	185
Light gardening/yard work	330	165
Dancing	330	165
Golf (walking and carrying clubs)	330	165
Bicycling	290	145
Walking	280	140
Weight training (general light workout)	220	110
Stretching	180	90

Source: US Department of Agriculture. MyPlate. (<http://www.choosemyplate.gov/physical-activity-calories-burn>)

Tools to calculate your calorie needs:

- <https://www.niddk.nih.gov/research-funding/at-niddk/labs-branches/laboratory-biological-modeling/integrative-physiology-section/research/body-weight-planner?dkrd=prspf0115>
- <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/calorie-calculator/itt-20402304>
- <https://www.inchcalculator.com/mifflin-st-jeor-calculator/>