

KEYS TO BETTER HEALTH™

MAKE EVERY CALORIE COUNT FOR HEALTHY BODY WEIGHT

Calories. They add up. And at this time of year, when many of us are trying to stick to weight loss resolutions, every calorie counts!

A calorie is a unit measurement of the energy we consume through food or drink. Calories are also a unit measurement of the energy we burn in physical activity. Our bodies need energy to survive, even when we sleep. But many Americans consume more calories than they burn and the body stores those unused calories as extra weight. Today, almost 70% of Americans are overweight. If you are overweight, losing just 10% of your weight can significantly reduce your risk for high blood pressure, diabetes and heart disease.

One way to keep body weight under control is to monitor your daily calorie intake. The target number for calorie intake varies based on age, gender and physical activity. But as a rule, calorie intake for females can range from 1,600 to 2,000 calories per day, and for males, from 2,000 to 2,400 per day. It's best to confirm your ideal number with a healthcare provider.

You will also find helpful information at choosemyplate.gov/weight-management-calories.

As important as it is to count calories, it's also important to watch where those calories come from. Calories from foods rich in protein, fiber, vitamins and minerals are a wise choice as compared with calories that offer little nutritional benefit or that are from foods laden with fat and sugars. Lean dairy protein, foods high in dietary fiber, and vegetables and whole fruits are all excellent choices for high value calories. And drinking 6-8 glasses of water each day can help support a healthy body weight--without adding a single calorie!

In addition to counting calories, and watching where those calories come from, it also pays to watch when you eat. Calories consumed early in the day are more likely to burn off throughout the day, and are more useful in maintaining healthy body weight, than are calories consumed late in the day. And of course, regular exercise--even moderate activity like walking 20 minutes each day-- impacts weight.

Be sure to look throughout the store for our Keys To Better Health™ shelf tags and signs offering helpful nutritional information, such as "Good Fiber" or "Sugar Smart," right on the shelf edge. These signs will help you decide which foods offer the nutrients and calories best for you.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.