



Dear *Walk Across Texas* Participant,

Included with this letter is the second topic of the Weight Management Series called “Counting Calories.” The goal of this topic is to count calories as part of weight management.

To help you reach this goal, look for key points while reading “Counting Calories.”

- Calories not used each day are stored as fat.
- Eat a variety of foods.
- Do not deny yourself any food — just eat less of it.
- Use the Estimated Calorie Intake Chart as a starting point or guide only.
- Lose weight slowly to increase the probability of long term success.

Happy Walking!

Sincerely,

Weight Management Series — Health Break 2

Counting Calories

Goal:

To count calories as part of weight management

Objectives:

Participants will:

- Decide on a weight goal.
- Estimate the amount of calories they should eat each day.
- Keep a record of their food intake each day.
- Determine how many calories to delete from their daily eating habits to lose ½ to 2 pounds each week.

Key Teaching Points:

- A weight range should be determined.
- Calories not used each day are stored as fat.
- Eat a variety of foods.
- Do not deny yourself any food — just eat less of it.
- Use the Estimated Calorie Intake chart as a starting point or guide only.
- Lose weight slowly to increase the probability of long term success.

Activity:

- *Self-Monitoring.* Give participants a sheet of notebook paper. Have them divide the paper into four columns. Each column should have a title: Column 1, TIME; Column 2, FOOD; Column 3, WHERE; Column 4, COMMENTS. Now have the participants write in Column 1, the time of the first meal or food they ate today; in Column 2, the food(s) they ate; in Column 3; where they ate, and in Column 4; any thoughts, feelings, or reasons for eating that food at that time. Explain to participants that by keeping a record of their daily food intake, they will be able to not only see what kinds of foods they eat each day, but learn why they eat what they do. If participants have a better understanding why they eat, they may be able to control their eating behavior patterns more easily.

Evaluation

- Yes No 1. The calories which the body does not use each day are stored as fat.
- Yes No 2. You should eat only one kind of food each day.
- Yes No 3. Losing weight slowly is very important to successful weight management.
- Yes No 4. There are foods that you should never eat like cake and cookies.
- Yes No 5. Always check with your health care provider before starting any weight loss program.

Answers: 1. Yes; 2. No; 3. Yes; 4. No; 5. Yes

Counting Calories

Most people think if they reduce the amount of fat in their diets, they will lose weight. It is important to remember that low fat foods still have calories. The body will store unused calories as fat. If you eat a box of low fat cookies, you are still eating a box of low fat cookie calories!

So, let's look at how to lose weight and keep it off. Try lowering the amount of fat you eat and watching the amount of calories you take in. Don't Diet! Eat a variety of foods that you like, just watch how much you eat. For example, if you cannot live without ice cream, try eating only a half cup of ice cream every day — less ice cream means less fat and calories. Include the ice cream in the total number of calories you eat each day. If you decide to eat low fat ice cream or yogurt instead, that means you may be able to eat something else you like during the day and still stay within your total calorie goal for the day.

You know watching your calorie and fat intake is important. The question is “How many calories should you have?” Well, that is not easily answered. Each person is different. Included in this lesson is a way to estimate the number of calories you eat. This is only an estimate. If your doctor has already told you the number of calories you should have each day, listen to your doctor.

Losing weight is not easy. Most people who are at a healthy weight work every day to maintain their weight. Healthy weight is a life long commitment. Are you ready to make the commitment?

If you are ready, please check with your doctor before beginning any weight loss or physical activity program. This is an important first step on the road to better health. If you have diabetes or any other chronic condition, it is very important that you talk with your doctor before beginning a new weight loss program or changing your activity level.

Decide On A Weight Goal

Next, determine what you want your weight goal to be. Make sure you decide on a realistic weight loss goal. Adjust your calorie intake and your level of physical activity to lose only $\frac{1}{2}$ to 2 pounds a week to help ensure a life long healthy weight. For example, your weight loss goal during the 8 weeks of *Walk Across Texas* should range from 4 to 16 pounds. Studies show that people who lost $\frac{1}{2}$ to 2 pounds a week were more likely to keep the weight off.

The chart, *Suggested Weights for Men and Women*, will help you set a goal for a desired weight range. A range is used because you want to allow for normal weight changes. Your body's weight does not stay the same — it changes from day to day. Use the chart to decide what your weight goal should be by finding the midpoint of the weight ranges. For example, if you are 36 years old and are 5 feet 5 inches tall, look on the chart and find 65 inches under Height and go across to the column 35 Years and Older. The weight range is 126–162. To find the middle weight range add 126 and 162 together then divide the answer by 2.

- $126 + 162 = 288$
- $288 \div 2 = 144$

Your weight goal is about 144 pounds. You may also just choose a weight within the range that you feel is right for you and have it as your goal. Once your goal is reached try to keep your weight within the range on the chart.

Decide On A Calorie Goal

To lose weight, you have to burn more calories than you eat each day or eat less calories. Estimate how many calories you eat each day and then decide how many calories you will remove from your daily food intake to lose weight.

To estimate your calorie intake, first decide how active you are each day. Activities may include a variety of daily tasks or a planned physical activity. Examples may include:

- **Sedentary:** Does not participate in any type of activities — may have a job working at a desk
- **Light Activity:** Housecleaning, child care, carpentry, golf, walking 2.5 to 3 miles per hour
- **Moderate Activity:** Weeding, hoeing, bicycling, skiing, dancing, walking 3.5 to 4 miles per hour
- **Heavy Activity:** Heavy manual digging, basketball, football, soccer, carrying a load uphill

To figure your estimated calorie intake, use the following steps:

Step 1: Decide on your weight goal

Step 2: Decide your activity level

Step 3: Multiply your weight goal by 10.

Step 4: Take the answer from Step 3 and multiply it with the number corresponding to your activity level.

Sedentary:	1.2
Light Activity:	1.3
Moderate Activity:	1.4
Heavy Activity:	1.5

The answer is the number of calories you should eat each day to maintain a weight of 144 pounds with a light activity level.

For Example

Step 1: Weight goal is 144 pounds

Step 2: You are in the light activity range

Step 3: $144 \times 10 = 1440$

Step 4: $1440 \times 1.3 = 1872$ calories per day

The calories are just a guide to help you determine a starting point to monitor calorie intake. Because individual calorie needs may vary, you may need to adjust calorie intake as your activity level increases. For example, your walking level goes from light activity (2.5 miles per hour) to moderate activity (3.5 miles per hour). You would need to adjust your calorie intake to 2016 calories a day: $1440 \times 1.4 = 2016$ calories per day to stay at 144 pounds.

To reach your calorie goal, gradually lower your calorie intake. For example, you currently eat 2860 calories of food each day. If you drink two regular 20 ounce colas a day, try drinking just one and you'll lower your daily calories to 2610 which is reducing calorie intake by 250 calories a day. Instead of eating a standard size candy bar (250 calories) every day, eat one a week.

Your weight loss goal should be to adjust your calorie intake to lose $\frac{1}{2}$ to 2 pounds each week. One pound of fat has 3,500 calories. To lose one pound a week, you need to lower your daily calorie intake by 500 calories ($500 \text{ calories} \times 7 \text{ days} = 3,500 \text{ calories}$ or 1 pound). Remember, you gained weight slowly over time. By losing weight slowly over time, you increase your chances of keeping it off.

Once you have reached your weight goal, you should continue to eat enough calories and maintain the activity level needed to stay at your weight goal. For example: To maintain a weight of 144 pounds and continue light activity, you will eat 1872 calories a day. Should you become sedentary, you would need to lower your calorie intake to 1728 a day to stay at 144 pounds: $1440 \times 1.2 = 1728$.

To help you see your calorie intake better, try writing it down.

I, _____, currently eat _____ calories a day. My goal is to lower my daily calorie intake by 250 calories each day until I lose $\frac{1}{2}$ to 2 pounds a week.

Suggested Weights for Men and Women

Height* (in.)	Weight (lbs.)**	
	19 to 34 years	35 years and older
60	97– 28***	108–138
61	101–132	111–143
62	104–137	115–148
63	107–141	119–152
64	111–146	122–157
65	114–150	126–162
66	118–155	130–167
67	121–160	134–172
68	125–164	138–178
69	129–169	142–183
70	132–174	146–188
71	136–179	151–194
72	140–184	155–199
73	144–189	159–205
74	148–195	164–210
75	152–200	168–216
76	156–205	173–222
77	160–211	177–228
78	164–216	182–234

Source: *Nutrition and Your Health: Dietary Guidelines for Americans*, 3d ed., U.S. Department of Agriculture and U.S. Department of Health and Human Services, 1990.

*Without Shoes

**Without Clothes

***The higher weights in the ranges generally apply to men, who tend to have more muscle and bone; the lower weights more often apply to women, who have less muscle and bone.

Simple Substitutions to Help Reduce Calorie and Fat Intake

If you eat/drink.....	switch to	and you can save	
		calories	grams of fat
whole milk (1 cup)	skim milk (1 cup)	65	8
flour tortilla (1)	corn tortilla (1)	58	2
pasta with Alfredo sauce (1 cup pasta, ½ cup sauce)	pasta with marinara (tomato) sauce (1 cup pasta, ½ cup sauce)	270	17
potato chips (1 ounce)	pretzels (1 ounce)	44	9
glazed donut (1)	cinnamon raisin bagel (1)	47	13
boneless chicken breast with skin (½ breast)	boneless chicken breast with the skin removed (½ breast)	50	4
chocolate cake with frosting (1 slice)	angel food cake with sweetened strawberries (1 slice cake; ¼ cup fruit)	112	10
ice cream (½ cup)	sherbet (½ cup)	75	11
butter croissant	English muffin with 2 teaspoons of jelly	63	11
pork chop with ½ inch of fat	pork chop with the fat trimmed	108	12

Prepared by Jenna Anding, Ph.D., R.D., Assistant Professor and Extension Nutrition Specialist from Pennington, J.A.T., Bowes & Church's Food Values of Portions Commonly Used, 17th edition.