

Donna Stangl-Jung, RD/LD
Extension Educator, FCS/4-H Youth Development
Canadian County
Phone 262-0155, Fax 262-2267
e-mail donna.stangl@okstate.edu

10/26/07

Managing Calories Should Not Be Confusing

Successful and healthy weight loss comes down to managing calories by eating fewer calories and burning more calories. Cutting calories doesn't mean to cut out all your favorite foods. You can enjoy them, but do so in moderation. Become aware of the amount of food you eat at different times such as breakfast, lunch, dinner and snacks. Below are some helpful tips.

To become aware of the amount of food consumed try writing down everything eaten or drank, including portion sizes, in a food diary. This helps spot the hidden calories.

- Become aware of portion sizes by reading food labels to see the serving size and use measuring cups to measure out this amount of food.
- Snacking in moderation is okay. Try dividing larger packages into smaller portions or try other snacks such as fat-free yogurt or fruit cups, she said.
- Physical activity is another way to incorporate weight management into the diet and can be as simple as taking a walk around the neighborhood, gardening or dancing.

Choose a wide variety of healthful foods to make calories count. Get the nutrients you need first by including whole grains, fruits, vegetables and lean meat, low-fat dairy foods. It's also important to pay attention to portion sizes and add regular physical activity to provide a healthy balanced lifestyle.

Everyone can benefit from weight management. Management of your weight includes a life-long commitment to a healthful lifestyle and should be viewed as an on-going process. As a result, it aims at changes that will last. Weight management refocuses attention to achieving and maintaining good health. The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, gender, religion, age, disability, or status as a veteran and is an equal opportunity employer. Information given herein is for educational purposes only. References made to commercial products or trade names are with the understanding that no discrimination is intended and no endorsement is implied.

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments
Cooperating.