

Wellness

Calories

Calorie is the amount of energy needed to raise the temperature of 1 kilogram (about a quart) of water 1 degree Celsius.

- If you are maintaining your weight your caloric balance status is “in balance”. You are eating roughly the same number of calories that your body is using. Your weight will remain stable.
- If you are gaining weight your caloric balance status is “in caloric excess”. You are eating more calories than your body is using. You will store these extra calories as fat and you’ll gain weight.
- If you are losing weight your caloric balance status is “in caloric deficit”. You are eating fewer calories than your body is using. Your body is pulling from its fat storage cells for energy, so your weight is decreasing.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Weight Management

- The healthiest method for losing weight is to eat less and exercise more.
- Diabetes and Obesity are two major health concerns in the United States that can be prevented by exercise and better nutrition.