Calorie Balance

In order to lose weight, I need to balance the calories I eat, with the amount of movement I do throughout the day.

One gram is about the size of a teardrop.

Some foods have more calories than others. Fat has over twice as many calories as carbohydrates and protein.

All of these foods have 100 calories.

My body uses calories for all its functions like breathing and moving. The more I move the more calories I will use.

Real weight loss requires both eating better and moving more.

To lose weight:
- Make sure you meet your protein needs
  - Protein needs per day (in grams) = your weight in pounds / 2.2
- Do not eat less than 1,300 calories a day
- Increase physical activity to minimum 30 minutes a day