

Title: What Am I Eating? How you can stop the food you eat from becoming extra weight.

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Abstract: Standard care of physician counseling on diet changes is not effective in preventing obesity. Physician training or office reminders may be promising in improving weight loss in patients.

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## Helpful hints to eat less, stay healthy, and lose weight

1. Eat 3-5 small meals daily
2. Do not add oil or butter to foods unless needed
3. Avoid fried foods
4. Fruit and vegetable in every meal



5. Whole grain bread instead of white bread
6. Eat oatmeal or grain cereal for breakfast to keep you full
7. Find spices you like to put on food
8. Eat out less
9. Find help. Have a friend or family member record your progress
10. Take a daily Multivitamin

## How many calories the average American needs daily to maintain current weight

45 year old woman, 5'6", 180 lb who does not exercise: **1700**

**Calories**

20 year old male, 6'0", 180 lb who exercises 3 times a week:

**2600 Calories**

65 year old woman who walks a mile 5 times a week: **2000**

**Calories**

### THE BOTTOM LINE:

Females need less Calories per day

The older you get the fewer Calories you need

Exercisers need more Calories per day

Calculate your energy needs at this free website:

[http://www.freedieting.com/tools/calorie\\_calculator.htm](http://www.freedieting.com/tools/calorie_calculator.htm)

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## What am I eating?



**VS.**



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How you can stop the food you eat from turning into extra weight

What does my diet look like?

### Breakfast



1000 Calories

This breakfast would be all you could eat in a day to lose weight

### Dinner



1600 Calories

These portions are WAY too big

## How food works

- ◆ Most Americans eat far more energy than they need in a day.
- ◆ Energy in food is called Calories.
- ◆ Extra Calories that you eat turn into fat and become extra weight.
- ◆ Over a long period of time, eating a lot less Calories than your body needs in a day will lead to fat break-down and weight loss.
- ◆ Butter and oil and cream have a lot of Calories per gram.
- ◆ Meat has a medium amount of Calories per gram.
- ◆ White meats have less Calories than red meats.
- ◆ Grains and vegetables and fruits have the lowest amount of Calories per gram.
- ◆ Foods like fries and chips that are fried in oil have lots of Calories.
- ◆ Foods with more water like soup and oatmeal have less Calories.

What does a 1000-calorie diet look like?

### Breakfast



250 Calories

A grain like oatmeal with some fruit and nuts and no added sugar

### Dinner



500 Calories

A playing card sized piece of meat with vegetable and small amount of rice or potato