

CALORIES:

Are you getting more than you think?

1 coffee house
blueberry scone



460 calories

=

5½ cups of blueberries



460 calories

Chinese fast food 2-entrée meal
with orange chicken



1,200 calories

=

1 turkey sandwich, a salad, 3 cups of blueberries,
3 apples, and 3 bananas



1,200 calories

chain restaurant
bistro shrimp pasta



2,700 calories

=

6 plates with fish, vegetables, and brown rice



2,700 calories

What can you do to eat fewer calories?

- Find out how many calories are in the foods you eat.
- Choose more fresh foods, such as fruits and vegetables, and less processed and fast food.
- Cook at home as much as possible.
- Depending on your age, height, weight, and activity level, women should have 1,600–2,200 calories and men 2,000–3,000 calories. Subtract 500–1,000 calories if you need to lose weight, but don't go below 1,200 calories.