Nutrition Labels and Calorie Counting

Get to know your food. Use food labels to determine how many calories are in the foods you are eating daily. Practice reading labels (serving size, calories and nutrients).

1. **Serving size**
   See how many calories are in each serving size. For example, if there are two servings per container, you have to multiply the calories by two, if you eat the entire container.

2. **Look at calories**
   See how many calories are in each product. Aim for around 300-400 calories at each meal and 100-200 calories at each snack.

3. **Protein, fiber and sugar**
   Protein and fiber are key for increased fullness. Your goal is at least 70-80 grams protein per day and 30-35 grams fiber per day (greater than 3 grams of fiber per serving). Limit sugar to less than 30-40 grams per day (<5-7 grams sugar per serving).

### Nutrition Facts

- **Serving Size**: 1 cup (228g)
- **Servings Per Container**: 2

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>260</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>120</td>
</tr>
<tr>
<td>Total Fat</td>
<td>13g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>660mg</td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td>31g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
</tr>
</tbody>
</table>

% Daily Value:
- Total Fat: 20%
- Saturated Fat: 25%
- Trans Fat: 10%
- Cholesterol: 10%
- Sodium: 28%
- Total Carbohydrates: 10%
- Dietary Fiber: 0%
- Sugars: 0%
- Protein: 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calories needs:

- Calories: 2,000 (2,500)
- Total Fat: Less than 65g (80g)
- Sat Fat: Less than 20g (25g)
- Cholesterol: Less than 300mg (300mg)
- Sodium: Less than 2,400mg (2,400mg)
- Total Carbohydrate: 300g (375g)
- Dietary Fiber: 25g (30g)

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Continued >
Calorie counting

Calorie counting is key for weight loss and maintaining a healthy body weight. Calculate your calorie and serving needs based on a healthy body weight.

Tracking application = www.myfitnesspal.com
Daily food and activity log

List all foods and beverages consumed every day. Count your calories using an online food log such as www.myfitnesspal.com or Myfitnespal app on phone, or keep a daily written food log.

Women aim for 1,200-1,400 calories/day; men aim for 1,500-1,800 calories/day.

<table>
<thead>
<tr>
<th>Time</th>
<th>Food</th>
<th>Amount</th>
<th>Calories</th>
<th>Total Carbohydrate</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 am</td>
<td>Quaker instant oatmeal (maple)</td>
<td>1 packet</td>
<td>150</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL CALORIES AND CARBOHYDRATES

Daily activity: ____________________________________________________________

Water (check one box per eight ounce glass): ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Comments: ____________________________________________________________________
The high calorie culprits—
remove problem food from your environment

Think about the foods listed below and check off all those that may be your “trigger foods.” These foods should be removed from your Home, office and social environment. Ideally, try to remove yourself from environments that contain these foods (e.g. bring meals to work to avoid eating out; remove candy bowl from office space, etc.)

____ Processed red meat (e.g. hot dogs, bacon, sausage, pastrami, bologna, pepperoni, salami)
____ Other red meat: veal, beef, pork and lamb
____ Fried chicken
____ Chicken wings
____ Cheese
____ Cheese pizza
____ All types of fast food
____ Any sort of fried food
____ Chips and/or fries
____ Buttery or cheese popcorn
____ Crackers
____ Salty snacks or pretzels
____ Nuts, sunflower seeds
____ Trail mix
____ Peanut butter

____ Mayonnaise, margarine, butter
____ Frozen desserts (shakes, yogurts, sherberts, ice cream, ice cream novelties)
____ Soda/pop
____ Juice, lemonade
____ Sweet tea
____ Energy drinks
____ Sweets
____ Cookies
____ Donuts, muffins
____ Cakes, brownies and pastries
____ Chocolate
____ Candy bars
____ Hard candy
____ Other