



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	
1	Serving Size 1 cup (228g) Servings Per Container 2
Amount Per Serving	
2	Calories 260 Calories from Fat 120
% Daily Value*	
	Total Fat 13g 20%
	Saturated Fat 5g 25%
	<i>Trans Fat</i> 2g
	Cholesterol 30mg 10%
	Sodium 660mg 28%
	Total Carbohydrates 31g 10%
	Dietary Fiber 0g 0%
	Sugars 5g
3	Protein 5g

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

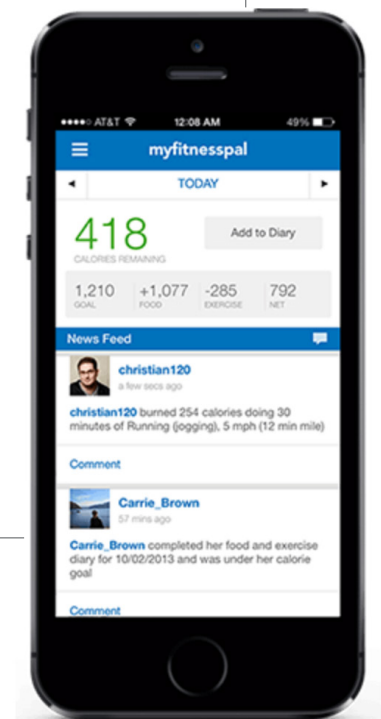
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Food Diary Database My Foods My Meals Recipes Settings

Your Food Diary For: Thursday, September 8, 2016

	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g
Breakfast						
Laughing Cow - Cheese Wedge Light White Cheddar, 1 wedge	35	1	2	2	180	1
Apples - Apples, 1 medium apple	80	22	0	0	0	16
Thomas' - Plain Bagel Thin, 1 bagel	110	25	1	4	210	3
Better'n Peanut Butter - All Natural, 1 tablespoon	50	7	1	2	48	1
Add Food Quick Tools	275	55	4	8	438	21
Lunch						
Homemade - Light Cole Slaw With Greek Yogurt, 1 cup	91	13	0	15	50	13
Banyan Foods - Tofu Egg Rolls, 1 egg roll	130	18	4	7	250	1
Sweet potato, cooked, baked in skin, flesh, with salt, 0.5 medium (2" dia, 5" long, raw)	52	12	0	1	140	4
Add Food Quick Tools	273	43	4	23	440	18
Dinner						
Self Magazine - Roasted Beet and Goat Cheese Salad, 1/4 of recipe	149	19	7	6	0	0
Add Food Quick Tools	149	19	7	6	0	0
Snacks						
Sargento - Light String Cheese, 1 piece (2g)	50	1	3	6	160	0
Add Food Quick Tools	50	1	3	6	160	0
Totals	747	118	18	43	1,038	39
Your Daily Goal	1,200	150	40	60	2,300	45
Remaining	453	32	22	17	1,262	6
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g



Continued >

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