

5 Surprising Sources of Excess Calories

Experts say we underestimate the number of calories we eat every day by as much as 93%! Here's 5 ways you might be getting more calories than you suspect.

Soda Unfortunately, as of 2005, researchers reported that the average American now gets more calories from soda in a day than from any other "food" source - replacing the former top source of calories - white bread. But at least bread had some nutritional value which soda doesn't. So to easily cut back on calories, cut back (or cut out) soda.

Salad Dressing Surprisingly, we often take a healthy choice - a salad - and squeeze all the health out of it (or into it) by loading it with a high-fat, high-calorie dressing. Some restaurant salads pack in more calories than chicken or steak main dishes. Take the dressing on the side and use it sparingly. Better yet, order the vinaigrette.

Snacks Trans fats are another sneaky source of calories - and most fried, crunchy snack foods (corn chips, potato chips, cheese puffs) are high in trans fats. When you want something to crunch, try pretzels, nuts or some raw, crunchy veggies.

Coffee A regular cup of plain black java is fine, but whoa goes it when it comes to the "super" coffees that everyone seems to love. A 16 oz. cafe mocha with whole milk can pack a whopping 400 calories. Take it black instead.

Meats Fats are the most concentrated source of calories in the diet and meats - especially red meat - are where we get the most. Choose turkey or lean chicken instead of a burger or baloney to keep those calories down.

18 EASY CALORIE CUTTERS

	APPROXIMATE CALORIES SAVED
1. For breakfast, drink water instead of fruit juice.	110
2. Drink 1% or 2% milk instead of whole.	50
3. Cut out one soda a day.	140
4. Use mustard on your sandwich instead of mayo.	50
5. Use vinaigrette instead of creamy salad dressing.	200
6. Eat egg whites instead of the whole egg.	60
7. Drink a light beer rather than regular.	50
8. Order a grilled chicken sandwich instead of fried.	130
9. Buy small snack size bags of chips instead of using the large bag.	200
10. Use water-packed tuna instead of oil-packed.	60
11. Use butter-flavored nonstick spray instead of butter when frying.	100
12. Blot grease off a piece of pizza	40
13. Skip the crust on your apple pie.	150
14. Order veggies instead of pepperoni on your pizza	100
15. Eat steamed or grilled shrimp instead of fried.	100
16. For breakfast, eat a whole wheat English muffin instead of a bagel.	100
17. Try powdered sugar on your pancakes instead of syrup.	100
18. Choose Cheerios instead of sugary cereal.	150

Your activity plan

List activities that will become part of your activity plan. Include a list of activities you can choose from each day, as well as weekly activities in the areas of aerobics, strength and stretching.

DAILY ACTIVITIES

PHYSICAL ACTIVITY LEVEL SCALE

1 = none 2 = mild 3 = moderate 4 = heavy 5 = rigorous

Activity	Location	Duration	Level
			1 2 3 4 5
			1 2 3 4 5
			1 2 3 4 5
			1 2 3 4 5
			1 2 3 4 5
			1 2 3 4 5

WEEKLY ACTIVITIES

Aerobic Activities

Location	Duration	Level
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5

Strength Activities

Location	Duration	Level
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5

Stretching Activities

Location	Duration	Level
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5
		1 2 3 4 5

Your meal plan

Eating well is one of the keys to protecting your health. Planning meals before you eat will help you make good choices instead of just grabbing what's handy.

BREAKFAST

Food Item	Food Group	Calories	Carbs	Exchange
Total				

LUNCH

Food Item	Food Group	Calories	Carbs	Exchange
Total				

DINNER

Food Item	Food Group	Calories	Carbs	Exchange
Total				

SNACKS

Food Item	Food Group	Calories	Carbs	Exchange
Total				

Totals for the day				
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