



## Calories Count!

Do you need to lose weight? More than half of the adults in the United States who have diabetes are overweight.

Weight loss may help:

- Improve the way your body uses insulin
- Assist with reaching blood glucose goals
- Help to maintain and keep a healthy blood pressure
- Reach and maintain cholesterol and triglyceride goals

*Losing even as few as 10 to 15 pounds may help!*

### Body Fat Is Stored Energy

One pound of body fat represents about 3,500 calories. If you want to lose one pound per week, you would need to create a 500-calorie loss per day by eating less or exercising more — hopefully, a combination of both!

Food energy is measured in calories. Calories come from:

- Carbohydrates (4 calories/gram)
- Protein (4 calories/gram)
- Fat (9 calories/gram)
- Alcohol (7 calories/gram)

### How Many Calories Do You Need?

A registered dietitian (RD) can determine what your calorie level should be, based on your desired rate of weight loss.

Read the Nutrition Facts label to see how many calories are in the foods you eat. Many people underestimate the amount of food they eat. When one handful of chips turns into five or more handfuls, the calories add up quickly.

*Writing down what you eat and drink for a few days may help you become more aware of where your calories come from.*

### Calories In/Calories Out

Normal body functions — your heart beating, sweating, digesting food, and breathing — use up calories. To contribute to the energy used up by your body each day, get regular exercise and be as active as you can be. Most people feel and sleep better when they get regular exercise and activity.

Lack of exercise is a major contributor to weight gain. Most people need to exercise 30 minutes a day to maintain weight and up to 60 minutes a day to lose weight. A 15-minute walk four times each day is just as good as walking for an hour.

If you want to lose weight and keep it off, adopt a hobby of exercise and activity to take you through the rest of your life.

*If you are not currently exercising, contact your doctor or health care team to determine if it is okay for you to begin a sensible exercise program.*

## How Far Will You Walk?

**1 handful of potato chips (8 chips)**  
= 90 calories = 19 minutes of walking  
3.5 miles/hour

**5 handfuls of potato chips (40 chips)**  
= 450 calories = 96 minutes (about 1.5 hours) of walking 3.5 miles/hour

(Based on the 154-pound reference man; see chart on page 2.)

## How Many Calories Does Physical Activity Use?

A 154-pound man (5' 10") will use up the number of calories listed below doing each activity. **Those who weigh more will use more calories, and those who weigh less will use fewer.** The calorie values listed include both calories used by the activity and the calories used for normal body functioning.

Moderate physical activities:	In 30 minutes	Vigorous physical activities:	In 30 minutes
Hiking	185	Running/jogging (5 miles per hour)	295
Light gardening/yard work	165	Bicycling (more than 10 miles per hour)	295
Dancing	165	Swimming (slow freestyle laps)	255
Golf (walking and carrying clubs)	165	Aerobics	240
Bicycling (less than 10 miles per hour)	145	Walking (4 ½ miles per hour)	230
Walking (3 ½ miles per hour)	140	Heavy yard work (chopping wood)	220
Weight training (general light workout)	110	Weight lifting (vigorous effort)	220
Stretching	90	Basketball (vigorous)	220

Source: MyPyramid.gov

### Which Is the Best Way to Lose?

Recent studies show that both low-fat and low-carbohydrate diets can help you to lose weight. The key is to find the right style of eating and exercise to help you to lose weight and keep it off over time. It's a matter of balancing calories — those coming in and those being used up.

### Tips to Help with Weight Loss

- Decide what you can do to become more active.
- Plan an exercise time each day. Set a goal: *I will walk 30 minutes after lunch each day, at least five out of seven days.*
- Keep a food journal. Track what you eat and drink. Be honest with yourself — record every bite.
- Pay attention to what you eat by looking at each bite. Turn off the television or computer when you eat.
- Chew your food thoroughly. Eat slowly. Enjoy your food.
- Try to eat more healthfully. Include a variety of whole grains, fruits, vegetables, low-fat dairy and lean protein sources throughout the day.
- Choose foods that are baked, broiled, steamed or grilled instead of fried. Try foods without heavy cream or sweet sauces.
- Plan meals and snacks at regular times. Skipping meals may lead to overeating later in the day.
- Reduce or stop eating second portions. Fill half of your plate up with lower-calorie raw and cooked vegetables.
- Eliminate after-dinner eating. If you find you are eating more to prevent low blood sugar reactions (hypoglycemia), speak with your doctor about decreasing the insulin or medications you are taking so you do not need to eat more.



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For more information: Contact the American Dietetic Association at [www.eatright.org](http://www.eatright.org) or 1-800-366-1655.

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