DSU Half-Ton Weight Loss Challenge – Week 9
This Week’s Goal:  Spend Your Calories Wisely

Similar to having a certain amount of money to spend each month, each person has a total daily calorie budget. This budget can be divided into “essentials” and “extras.” Just like paying the mortgage and car insurance, certain food choices are essential. Lean protein sources, fruits, vegetables, whole grains and low fat dairy products are “essential” foods that provide us with nutrients we need.

If you spend your calories wisely, there’s also room for “extras.” Sweets, fats, and alcohol fit into this category. Examples include regular soda, candy, potato chips, salad dressings, sauces, butter, and foods with added sugars and fats. The problem for many overweight individuals is that they’re overspending on “extras”, which results in weight gain.

Examples of “extras”:

- Regular soda, 1 can (12 fluid ounces) 155 calories
- Table wine, 5 fluid ounces 115 calories
- Beer (regular), 12 fluid ounces 145 calories
- Distilled spirits (80 proof), 1 ½ fluid ounces 95 calories
- Butter or margarine, 1 Tablespoon 135 calories
- Cream cheese, 2 Tablespoons 100 calories
- Mayonnaise, 1 tablespoon 100 calories
- Ranch salad dressing, 2 tablespoons 145 calories
- Snicker’s candy bar 260 calories

Reduce your “extras” calories by trying these tips:

- Use butter substitutes, such as “Butter Buds” on vegetables and potatoes.
- Top your baked potato with salsa instead of sour cream.
- Mix half a glass of wine with a low-calorie seltzer or soda to make a wine spritzer.
- Drink light beer instead of regular; limit alcohol to weekends only.
- Use jelly on your bagel in place of cream cheese.
- Drink flavored water (zero calorie variety) instead of soda.
- Have a few chocolate kisses instead of a full-size candy bar.

Your Goal: Limit the frequency with which you are consuming “extras.” Make all of your calories count. Go to www.choosemyplate.gov to see what you should be eating daily.

Get Moving Tip – Regular aerobic activity burns calories, however, it’s also a good idea to add strength training twice a week to strengthen muscles and reduce bone loss. Free weights, resistance bands or circuit machines are all good options.