



# Utah State University Be Well Program

## A Healthy Weight:

Reaching and maintaining a healthy weight is the **best thing** you can do for overall health. The key to weight loss is making sure the calories you eat are **less** than the energy you use daily. It really is **simple math**.



### One pound of body fat

is the same as 3,500 Calories. To lose a pound per week, cut out 500 Calories worth of food per day or burn them off with exercise. A combination of the two ways works well.



- Walk, jog, or run 1 mile = 100 Calories
- 1 Tbs. butter, oil or mayo = 100 Calories
- 8 oz soda / sugar drink = 100 Calories
- 2 Tbs. sugar or honey = 100 Calories
- Swim 9 min or cycle 16 min = 100 Calories

### Small Things Matter!

- Start your day with a healthy high-fiber breakfast.
- Eat more fruits and veggies (aim for 3-4 cups daily).
- Eat more meals at home. Eat out less.
- Keep junk food out of the house (High-fat, high-sugar, low-nutrient food is too tempting to keep around.)
- Drink local, fresh tap water. Don't drink your Calories.
- Go for 100% whole wheat bread, pasta, and cereals.

### Small Things Matter!

- Set specific, realistic, and timely goals.
- Schedule in 30-60 minutes of exercise daily.
- Weigh yourself weekly to keep on track.
- Create a supportive environment and network.
- Visit with a Dietitian and a Personal Trainer
- Maintain a food and exercise diary.

### Eat "this" instead of "that"

**Fat-free mayo** for regular saves you 90 Calories per tablespoon. Each day for a year = 32,850 Calories and **9.4** pounds of body fat,

**Diet soda** for sugary soda saves you 250 Calories per 20 oz bottle. Each day for a year = 91,250 Calories and **26** pounds of body fat.

**Nonstick spray** for oil saves you 120 Calories per tablespoon. Each day for a year = 43,800 Calories and **12.5** pounds of body fat.

**Fat-free ranch** for regular saves you 100 Calories per 2 tablespoons. Each day for a year = 36,500 Calories and **10.4** pounds of body fat.

**Non-fat milk** for whole saves you 60 Calories per 8 oz cup. Each day for a year = 21,900 Calories and **6.2** pounds of body fat.



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