



Utah State University Be Well Program

Calories Count:

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.



Where are those Calories?



1 cup of veggies 50 Calories

1 cup of fresh fruit 80 Calories



1 cup of oatmeal 140 Calories



1 cup of beans 280 Calories



1 cup of beef 540 Calories



1 cup of cheese 900 Calories



1 cup of oil, butter, mayo 1910 Calories



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 best. Most people require 2000-2500 Calories for an entire day. We should choose our Calories wisely, and exercise often.

- One Tbs. butter, oil or mayo = 100 Calories
- Two Tbs. of sugar or honey = 100 Calories
- 8 oz soda / sugar beverage = 100 Calories
- Walk, jog, or run one mile = 100 Calories
- Swim 9 min or cycle 16 min = 100 Calories



Calories may vary for different products.

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