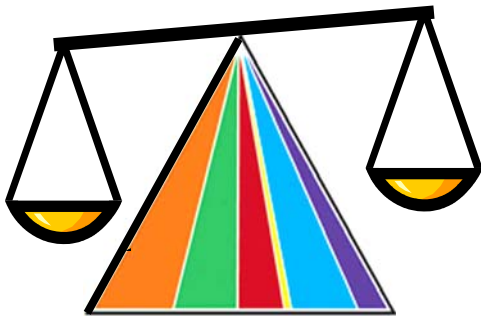


## Keeping in Balance

According to the 2005 Dietary Guidelines for weight management:

Balance out the calories from **food and beverages** with the calories expended through **physical activity**.



100 extra calories a day equals  
10 pounds weight gain per year.

### 100 Calories from Food

- Half of a bagel (1 ½ ounces)
- 3 teaspoons (1 Tablespoon) of butter
- 10 French fries
- 2/3 can (8 ounces) of soft drink
- 2 Tablespoons of maple syrup
- 2 Tablespoons jelly or jam
- 10 large jelly beans
- 1 ounce of cheese
- 4 packets of sugar
- ½ toaster pastry
- 1 fried egg
- 5 Tablespoons half & half
- 2 Tablespoons cream cheese
- 1 (less than 1 oz) fun size candy bar

### 100 Calories Expended through Physical Activity\*

- 2,000 steps
- Walking 4 mph (15 minutes)
- Mowing lawn with push lawnmower (15 minutes)
- Bowling (30 minutes)
- Low impact Aerobics (15 minutes)
- Treading water (10 minutes)
- Tennis (10 minutes)
- Running (10 minutes)

\*Based on a 125 pound person



## Top 4 Characteristics of Successful Weight Loss Maintainers

- Eat a reduced calorie, low-fat diet
- Eat breakfast everyday
- Monitor weight on a regular basis
- Accumulate 60 to 90 minutes of moderate- to vigorous-intensity physical activity

Source: The National Weight Control Registry



## Other Strategies for Keeping the Weight Off

- Keep a food diary at least one week a month
- Keep a record of physical activity
- Find a weight maintenance partner
- Eat out less often
- Bring your own snacks to work to limit temptation to eat from the vending machine.
- Eat 2 cups of fruit and 2½ cups of vegetables each day.
- Drink plenty of water (at least eight 8-ounce glasses) each day
- Reward yourself with non-food rewards when you meet food or physical activity goals (such as going to a movie, buying a new CD, etc.)
- Eat fried foods less than once a week
- Keep tempting foods out of sight
- Go for a walk when feeling stressed – take time to get away and relax

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Dr. Josef M. Broder, Interim Dean and Director