



envision new mexico

The Initiative for Child Healthcare Quality

To loose weight you have to eat less calories than your body uses.

Calories are a measure of energy in food.

This means: Eat (and drink!) less calories
Burn more calories



Eat and Drink Less Calories

1 pound = 3500 calories

To loose one pound of weight you have to eat 3500 calories less than you burn off.

To loose one pound a week, you have to eat 500 calories less than you burn off every day

Two sodas and a glass of juice are about 500 calories.
3 cans of soda/day for a week = 1 pound
Drink water, unsweetened iced tea or club soda instead!



Use More Calories

1 mile = 100 calories

To use up the energy in 100 calories of food you generally have to walk one mile.

How Far is a Mile?

Four laps around most school tracks.
At a pretty fast pace, it will take you about 20 minutes to walk a mile.
Measure the distance in a car of some routes that you can walk

12 oz can of soda	=	6 laps around the track
Quarter pounder with cheese	=	two <u>hours</u> of walking at a fast pace
Large cola in a cup	=	over four miles of walking