

# DO CALORIES COUNT?

**Target Audience:**

Adults

**Topic Areas:**

Improving My Weight

**Objectives:****To decrease weight the participant will:**

- Use more calories than you eat
- Plan regular meals and snacks that include low-fat and/or low-calorie foods.

**To increase weight the participant will:**

- Eat more calories than used.
- Plan regular meals and snacks to include higher calorie foods.

# DO CALORIES COUNT?

## **Lesson Creators:**

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**Purpose:** Participants learn about calories and balance in their diet by finding their healthy body weight range and calorie needs, and working on plans for reaching their own weight goals.

## **What the Community Assistant Needs to Know So That Participants' Questions Can Be Answered:**

Do calories really count when you are trying to lose or gain weight? The answer is yes! In order to **lose** weight; eat **fewer** calories than you burn. You can do this by eating less, moving more, or both. If your goal is to gain weight, eat **more** calories than you burn each day. Calories really do matter when you are talking about weight loss or gain.

There is a lot of focus on cutting down on fat to lose weight. Why is this so? Well, one ounce of fat has more than twice as many calories as an ounce of protein or carbohydrates. This means that if you had an ounce of a fatty food and an ounce of a low-fat food, the fatty food would have more calories, even though they weigh the same!① Because of this, it is easy to eat too many calories from fat without knowing it. This is not good if you are trying to watch your weight. Also fat tastes really good and feels smooth and creamy in our mouths. Fat tastes very good when mixed with sugar in foods such as cakes, candies, and cookies. Many studies have shown that humans prefer fat-sweet foods to all other kinds of food.② Because fat-sweet foods taste so good, we are more likely to eat too much of them. Studies that look at groups of people who eat a lot of fat show that these people are more likely to be obese.③ The bottom line is that fat, for a variety of reasons, may cause people to gain weight.

### *How much should I weigh?*

Is your weight just right, or do you need to lose or gain a few pounds to be healthier? A healthy weight keeps your blood pressure low and lowers your risk of getting Type II diabetes, certain cancers, heart disease, and arthritis. Being at a healthy weight may also improve your self-esteem. The first thing to do if you think you need to change your weight is to learn about your healthy body weight range. There are many ways to find this range. You can use charts or formulas. You can also find out if you are at a healthy weight by finding out your **body mass index**, or BMI for short. This method is even better, because it is more closely related to the amount of body fat that you have.

The BMI charts at the end of this lesson will help you to find out your BMI. There is also an activity in the lesson in which class participants can use the chart to find their BMI. Before doing this activity with the class, use the charts at the end of this lesson to find your BMI. Find your height on the left side of the chart. Keep your finger on this number, and put your other finger on the box with your weight. Follow the rows until the row of your height meets the column with your weight. This number is your BMI. For example, if you are 5'4" tall and weigh 150, your BMI is about 26. Is your BMI in the healthy range, or do you need to gain or lose a few pounds? A BMI higher than 18.5 but lower than 24.9 is healthy according to the USDA.

Now that you know if your weight is in the healthy range or not, what should you do about it? Well, this is a tricky subject. The charts that are used to find your healthy weight range and your BMI do not take into account all body types. If you have a lot of muscle, you may come out with BMI or body weight that is higher than what is listed as healthy by the charts. This is because muscles weighs more than fat. Also, the BMI charts at the end of this lesson are for healthy adults, but should not be used by children, teens, adults over the age of 65, or pregnant women. For these groups, the BMI chart does not give perfect results. For healthy adults, these charts can give you a rough idea of what you should weigh. If you do not fit perfectly into the guidelines, it might be okay. But don't fool yourself. If your BMI is far above or below the healthy range, you should talk to your doctor about making some changes to improve it.

People who weigh less than their healthy body weight range are underweight. Even though TV and magazines tell us it is pretty, being too thin can be bad for your health. If you are too thin, you are at a higher risk for weak bones, and might be putting yourself at risk for a heart attack. People who weigh more than their range are overweight. This can also cause health problems, such as heart disease and some cancers. Those who fall in this group may need to lose weight. People who have BMI's within the weight ranges are most likely at a healthy weight. They will still want to make sure that they stay healthy with exercise and eating right.

***So, how many calories should I eat each day?***

This, of course, depends on whether you would like to gain, maintain, or lose weight. First of all, you should know that **1 pound of weight = 3,500 calories**. This means that in order to lose one pound a week, you would need to burn 3,500 more calories in a week than you eat. You can do this by eating less, or moving more. For most people, it is easy to mix these two methods. This means that if you would like to lose weight, you should both cut down on food and increase your daily exercise.

Think about this; if I decide that I would like to lose 1 pound in a week, I might cut down my calories by 300 each day. (Some ways that I could do this would be to replace two soft drinks with glasses of water, or leaving off the salad dressing and bread at dinner). Because there are 7 days in a week, this would be a total of 2100 calories for the week. Does this equal a pound of weight loss for the week? No. Remember to lose a pound, the magic number is 3,500 calories. What should I do? Well, I could cut down on an extra 200 calories a day, so that would mean that I am eating 500 calories less than usual. Or, I could add 30-45 minutes of exercise each day, so I am burning an extra 200 calories each day. (For examples of exercise ideas, see the chart below). You must decide for yourself what works best with your life. To lose a pound a week, you must find a way to cut 500 calories per day. Cutting down on what you eat and moving your body more is the fastest way to lose weight. The tables below list calories of some common foods and the amount of calories you can burn:

<b>Type of Food</b>	<b>Total Calories</b>
2 medium glazed doughnuts	500 calories
1 double cheeseburger	450 calories
1 jumbo order of French fries and a medium soda	500 calories
6 fried chicken strips	450 calories
2 cups of vanilla ice cream and 2 small cookies	450 calories
3, 4-inch pancakes with syrup and butter	500 calories
3 large handfuls of potato chips	450 calories
1 large chocolate milkshake	500 calories
1 large bagel with cream cheese	450 calories
Pork chop or fried steak with gravy (2 3.0 oz pieces)	400 calories
Fried chicken (2 pieces, drumstick and breast)	340 calories
Turkey on white with lettuce, tomato, mayo, cheese, 3.5 oz turkey breast	580 calories

Egg, cheese, and ham breakfast sandwich	438 calories
2 servings of dry cereal with 1 cup of whole milk	450 calories

**How long would it take to Burn 200 Calories? \***

\*Numbers below are for a 70Kg person (about 140 pounds). If you weight more than this, you would burn more calories per minute. If you weigh less, you would bum fewer calories per minute.⑩

Type of Activity	Number of Minutes to Burn 200 calories
Gardening	50 minutes
Aerobics	30 minutes
Cleaning the House	60 minutes
Brisk Walking	38 minutes
Jogging	20 minutes
Dancing, rock	50 minutes
Roller Blading	22 minutes
Active Sports like Basketball or Soccer	18 minutes
Swimming	44 minutes
Less Active Sports like Softball	53 minutes
Cooking	89 minutes
Watching Television	100 minutes

The amount of calories you need to eat in a day to lose weight depends how active you are, age, body size, and gender. Younger people and those with lots of muscle mass will be able to eat more calories and still lose weight. Smaller people must eat much less in order to lose weight. Very active people, like athletes, will be able to eat more calories than those who are not active. The chart below gives you an idea of how many calories you would need to eat each day if you were trying to lose weight.④

Most Women/ Older Adults	Most Men/ Active Women	Active Men
1600 - 1800 calories/ day	2000 - 2200 calories/ day	2600 - 2800 calories/ day

A lot of people do not like to count calories every day. The nice thing about the **Food Guide Pyramid** is that it has a "built in" system for both weight loss and weight gain. In order to lose weight using the Food Guide Pyramid, you should eat the lowest number of servings from each food group, and choose foods that are lower in fat and sugar. In order

to gain weight using the Food Guide Pyramid, you should eat the highest number of servings from each food group. For example, 6-11 servings of grains per day are recommended. To lose weight, you would eat 6 servings. To gain weight, eat 11. Also, you can choose lower fat versions within a group (low-fat beans instead of a higher-fat meat for your protein.)

For more information, see <http://www.nal.usda.gov/fnic/Fpyr/pyramid.gif>

Of course, you should always check with your health care provider before starting a weight loss plan. Weight loss may not be healthy for pregnant or breastfeeding women, children and teens who are still growing, those with eating disorders or people who have an illness.

### ***Is there more to a diet than just "cutting back"?***

Of course, there is more to a good diet than just taking things out. In order to lose weight and maintain your weight loss, you need to "get moving." If you are active, research has shown that you have a better chance of keeping weight off once you lose it.<sup>⑥</sup> Also, people who are active have a lower risk for high blood pressure and diabetes,<sup>⑦</sup> and live longer, healthier lives.<sup>⑧</sup> Staying active helps your body do more than lose weight. The Dietary Guidelines state that adults should be active for at least 30 minutes a day, each day of the week.<sup>⑨</sup> Activities that count include a walk in the park, aerobics, dance, jogging, fast walking, or swimming.

If you eat too much and need to lose weight, you need to cut back on your calories. You can do this by cutting out some of the foods that you eat. You can also do this by choosing foods that are better for you and lower in calories. In the chart below, you will find several examples of choices you can make that will help you cut down on calories. These can be made into a handout for participants, or used for class examples.

<b>Substitute a ...</b>	<b>For a ...</b>	<b>And Save ...</b>
Large French fries	Small French fries	180 calories
2 pats of butter	1 pat of butter	108 calories
1 cup of whole milk	1 cup of skim milk	70 calories
1 chocolate bar	1 crispy rice bar	170 calories
2 jelly filled doughnuts	1 glazed doughnut	250 calories
3 piece fried chicken	2 piece fried chicken	250 calories
Whopper	Regular cheeseburger	300 calories
1 large soda (24 oz)	1 small soda (12 oz.)	150 calories
2 beef burritos	2 bean burritos	60 calories
Biscuit with ham, egg, and cheese	English muffin with ham, egg, and cheese	170 calories
Pepperoni Pizza (1 slice)	Cheese pizza (1 slice)	40 calories
1 cup full-fat vanilla ice cream	1 cup vanilla frozen yogurt	40 calories
Bagel with 2 Tbs. cream cheese	Bagel with 1 Tbs. Cream cheese	45 calories
Breaded chicken fillet sandwich	Grilled chicken sandwich	60 calories

## References:

- ①Guthrie, Helen A. and Mary Frances Picciano. Human Nutrition, Mosby-Year Book, Inc., St. Louis, 1995, 129.
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- ③Bouchard, Claude. 1996 Can obesity be prevented? *Nutrition Reviews* 54:4 p.S125.
- ④Zeman FJ. *Clinical Nutrition and Dietetics*. Macmillan Publishing Company. New York. 1991; 488-89.
- ⑤IOM (Institute of Medicine). 1995. *Weighing the Options: Criteria for Evaluating Weight-Management Programs*. Washington D.C.
- ⑥Blair SN. 1993. Evidence for success of exercise in weight loss and control. *Ann. Intern. Med.* 119:702-706.
- ⑦Tremblay A, Despres JP, Maheux MC, Pouliot A, Nadeau S, Moorjani PJ, Lupien J, Bouchard C. 1991. Normalization of the metabolic profile in obese women by exercise and a low fat diet. *Med. Sci. Sports Exerc.* 23: 13226-1331.
- ⑧Manson JB, Rimm EB, MJ Stampfer, Colditz CA, Willett WC, Krolewskie AS, Rosner B, Hennekens CH, and Speizer FE. 1991. Physical Activity and incidence of non-insulin-dependent diabetes mellitus in women. *Lancet* 338:774-778.
- ⑨U.S. Department of Agriculture "The Dietary Guidelines for Americans"
- ⑩"Calories Burned During Physical Activity." Adapted from *Your Health*, Prentice Hall, 1990.



## DO CALORIES COUNT?

### Main Themes:

Nutrition & Diet

Cooking & Food Storage

Shopping

Budgeting

Safety & Sanitation

### Time the Activity is Expected to Take:

Activity 1: 5-10 minutes

Activity 2: 10-15 minutes

Activity 3: 5-10 minutes

Activity 4: 5-15 minutes

Activity 5: 15 minutes

Activity 6 (optional): 15 - 20 minutes

Next Week's Goals: 5 minutes

### Materials Needed:

Pens, Pencils

"Calorie Counter"

"Lose, Gain, or Stay the Same" handouts – 1 per participant

"Write 2 Changes That You Think You Can Make..." handout - 1 per participant

BMI Charts (from *Nutrition Education Process Manual*) - 1 per participant

## DO CALORIES COUNT?

### **Lesson Plan:**

#### **Activity 1: "Let's Talk About Weight" (5-10 minutes)**

The purpose of this activity is to present the concept of a healthy body weight range.

1. Begin the class by asking who has concerns about their weight and what their concerns are. Allow about 5 minutes for volunteers to discuss what types of concerns they have. (For example, are they happy at their current weight? Would they like to lose or gain?). This is used to get the people to think about their own weight. Ask questions such as "Have any of you or any of your friends and family tried to lose/gain weight? Are any of your friends/family members currently on a diet?"
2. Ask the class what the words "healthy weight" means to them. Discuss the answers the class gives. Ask the class if anyone thinks that they are at a healthy weight.
3. Ask the class why they think it is good to maintain a healthy weight. After they share their ideas, give them some health reasons to keep their weight within healthy limits if they have not mentioned them. (A healthy weight keeps your blood pressure low, and lowers the risk of getting Type II diabetes, certain cancers, heart diseases, and arthritis of the joints. Being at a healthy weight can also improve your self-esteem.)

#### **Activity 2: "Using BMI to find out if My Weight is Healthy" (10 -15 minutes)**

1. Ask the class if they have ever heard of the term Body Mass Index, or BMI. Discuss with the class what BMI is. Tell the class that the BMI will help them to know if their weight is healthy. To explain the concept of BMI, you can use two pictures from home; one of a short person and one of a tall person, but both look to have about the same level of fat on their bodies. Ask the group who they think weighs more, the tall or the shorter person. Of course, the taller person might weigh more. But does this mean they are too fat? No. Discuss with the class that the nice thing about knowing their BMI is that it corrects for a height difference between people.
2. Pass out copies of the BMI chart at the back of this lesson to the class.
3. Explain to the group how to use the chart. Give an example of using the chart to the group using your height and weight. Allow everyone to find his or her BMI using the chart. Make sure that no one is confused.

4. Now that they know their BMI, have them use the chart to find out if they are in a healthy weight range. A BMI between 18.5 and 24.9 is healthy. Ask the class if they were surprised at their results. Discuss with the class that this chart gives good results for healthy adults, but should not be used with children, teens, seniors over the age of 65, or body builders.

**Activity 3: "It's All A Matter Of Balance" (5 - 10 minutes)**

The purpose of this activity is to get participants thinking about the importance of balance in weight control.

1. Remind the class of the first talk that they had at the beginning of this lesson, where they were asked to think about their own weight and if they had any concerns about their weight.
2. Tell the class that weight control is a matter of balance. Have the class think about how their weight is a result of a lifetime balance between the food they eat and the activity they do. Discuss with the class some ways they might change their weight. (These should include both changing how much you eat, and changing how much you move.)
3. Have the class think about the balance or lack of balance in their life. For instance, each day you work, you spend time with family or friends, you eat, you play, etc. Ask the class if they think that the food they eat is balanced with the activity they do? If other things get in the way of healthy food or being active, how can they better balance these activities?

#### Activity 4 "Lose, Gain, Stay the Same"

1. Ask the class if anyone has ever gone on a diet? If someone says yes, ask him or her to tell the class if they counted calories. How did counting calories make them feel? (Annoyed, frustrated, depressed, good, in control, etc.).
2. Invite them to look up in a chart the amount of calories they need to maintain their current weight. Hand out the "Calorie Counter" worksheet. Explain that this is only a "rough" idea. If you are really active, you might need more. If you do very little activity, you will need fewer calories. Ask the class to think about their activity to see if their calorie needs might be higher, lower, or within the range that they found on the chart.
3. Explain to the class that the best way to lose or gain weight is to do it slowly. This means that your weight should not change by any more than 1-2 pounds a week. In order to lose 1 pound in a week, you would need to eat less and exercise more. The amount of food that you take away and the amount of extra calories that you spend must average out to about 500 calories a day to lose 1 pound in a week. (Give many examples, such as cutting out one can of soda and a serving of chips, and adding a 40 minute walk would total about 500 calories. Also, give examples of some changes that can be found in the background information, such as switching from a large fry to a small fry to save 180 calories\*). In order to gain 1 pound in a week, you would need to increase your calories by 500 calories each day.  
\* Based on substitution of a McDonald's large fry (400 calories) for a McDonald's small fry (220 calories).
4. Have the class keep in mind the number they found out from the "Calorie Counter." Pass out the "Lose, Gain, Stay the Same" handout. This handout provides practice working with calories, and is not to be used as a real menu.
5. Once they each have a handout, invite them to think about if they want to gain, lose or stay at the same weight. Have them circle the top of the column for the choice that they made. For example, to keep their weight the same, they would circle the top of the column that reads "Keep my Weight the Same)."
6. Next, ask them to follow the directions after the asterisks (\*\*). For example, if the participant circled the middle column, then they will think of healthy choices to some of the listed menu items **THAT THEY WOULD BE WILLING TO EAT**. To lose weight, they will cross out items listed in the middle and replace with foods that are lower in calories. To gain weight, they would have to add food items from the middle column to raise their calorie intake. Remember to make sure that they make choices of foods that **THEY ARE WILLING TO EAT**.

### **Activity 5: "Make a Change and Keep It" (15 - 20 minutes)**

**This activity is optional.** It is a good idea to be prepared to do this activity, but only do if you have extra time at the end of your class.

1. One of the hardest things about making changes is sticking with them. Ask the class if they have ever made a big change in their life (like quitting smoking or drinking, going back to school, or starting an exercise plan). Ask volunteers to share with the class how they went about making these changes and sticking with them.
2. Now, ask them to think of two changes that they would have to make to meet their weight goals. (If some people in your class want to maintain their weight, have these people think of other ways they could make their diets more healthy, like cutting down on fat or eating more fruits and vegetables.)
3. Pass out the handout "Write 2 Changes That You Think You Can Make ..." to each person in the class. Have them write down the two changes they thought of. Under this change, have them write down one plan they might use to help them keep up with this change.
4. After they have all finished, have him or her pass the card to someone else in the class (if you are sitting in a circle, have each person pass the card to the person on their left). Tell the class to read the card they have in their hands and write down a plan that someone could use for making this change. (For example, if someone wrote on their card "Eat Less Fast Food," an example of a plan to change this might be "Only go to Fast Food Restaurants once a week," or, "Pack lunches from home so you don't have to eat on the run." Keep passing the cards around the room until everyone has had a chance to list a way to help all others keep the changes they have listed. The idea is to have the class list as many plans as they can to help themselves and others meet their weight goals.
5. Have each participant take their handout home and use it as a note to help them make changes in their lives.

### **Next Week's Goals: 5 minutes**

1. Ask each person to state one tip that they learned in today's class that they will use. Make sure that each learning objective is stated, and if not, be sure to re-state that objective. Ask them to choose a related goal to work on during the week. (Make sure to ask them about their goals next week.)
2. Invite comments, ideas, or questions.

3. Thank the participants for coming and tell them what the class will be about in the next lesson.

**For the Teacher: "What makes this lesson behaviorally focused?"**

- In Activity 1, participants are invited to talk about the concept of a healthy body weight and to think about their own body weight goals
- In Activity 2, participants learn the concept of BMI, and they talk about how to use this number to find out if they need to make a behavior change in their own diets to increase or decrease their weights.
- In Activity 3, the participants determine how many calories they would need to eat per day in order to maintain their current weight.
- In Activity 4, participants discuss the concept of balance and how this would apply to the amount of calories they will eat.
- In Activity 5, participants practice making food trade-offs in order to gain, maintain or lose weight. They are encouraged to change the menu based on foods that they would be willing to eat.
- In Activity 6, participants are asked to set personal weight goals and come up with plans to keep them. The class actively participates in determining plans that will help them attain their weight goals.
- In Next Week's Goals, the participants are invited to name one thing that they learned during the class that they will use. Through this activity and by reviewing the objectives again, they are reminded of the many topics discussed during the lesson. They will choose the behaviors that they will want to work on during the coming week.



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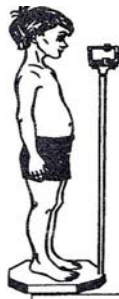


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## Calorie Counter

<b>Most Women/ Older Adults Need</b>	<b>Most Men/Active Women Need</b>	<b>Active Men Need</b>
<b>1600 – 1800 calories/ day</b>	<b>2000 – 2200 calories/ day</b>	<b>2600 – 2800 calories/ day</b>

Type of Activity	Number of Minutes to Burn 200 calories
Gardening	50 minutes
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Dancing, rock	50 minutes
Roller Blading	22 minutes
Active Sports like Basketball or Soccer	18 minutes
Swimming	44 minutes
Less Active Sports like Softball	53 minutes

Substitute a...	For a...	And Save...
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2 pats of butter	1 pat of butter	108 calories
1 cup of whole milk	1 cup of skim milk	70 calories
1 chocolate bar	1 rice crispy bar	170 calories
2 doughnuts	1 doughnut	250 calories
3 pieces fried chicken	2 pieces fried chicken	250 calories
Whopper	Regular cheeseburger	300 calories
1 large soda (24 oz)	1 small soda (12 oz.)	150 calories
2 beef burritos	2 bean burritos	60 calories
Biscuit with ham, egg, and cheese	English muffin with ham, egg, and cheese	170 calories
Pepperoni pizza (1 slice)	Cheese pizza (1 slice)	40 calories
1 cup vanilla ice cream	1 cup vanilla frozen yogurt	40 calories
Bagel + 2 Tbs. cream cheese	Bagel + 1 Tbs. cream cheese	45 calories
Breaded chicken sandwich	Grilled chicken sandwich	60 calories

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## Lose, Gain, Stay the Same

1. Do you want to "Lose," "Gain," or "Stay the Same?" Circle the correct column for you.
2. Now, in the blank boxes under the column you circled, make changes that will help you reach your weight goal. If you circled "Gain," add healthy foods that you will eat to increase your calories. If you circled "Lose," subtract or substitute foods that are lower in calories than the one's listed. If you want to "Stay the Same," see if you can make the menu choices healthier (lower in fat, more fruits and vegetables.)

<b>GAIN</b>	<b>STAY THE SAME</b>	<b>LOSE</b>
<b>+Add foods to increase your calories.</b>	<b>Can you make these choices healthier?</b>	<b>-Subtract or trade foods to decrease your calories.</b>
	<b>Breakfast: 2 eggs, 4 pieces of bacon, large orange juice, 2 pieces toast with butter</b>	
	<b>Snack: piece of fruit</b>	
	<b>One Double cheeseburger</b>	
	<b>1 medium order of French fries</b>	
	<b>1 Pork Chop with Gravy</b>	
	<b>1 can of soda</b>	
	<b>1 slice of pizza</b>	
	<b>Walking</b>	

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**Write 2 changes that you think you can make to attain your weight goal. Also, 2 plans to maintain your goal:**

(If you think that your weight is okay, then write down two changes that you think you could make to improve your diet)

<b>Example:</b> Lose 5 pounds	<b>Plan:</b> walk ½ hour everyday
1.	<b>Plan:</b>
2.	<b>Plan:</b>

**Now, pass this paper to your left. Each person in the group will write down 1 plan that you might use to stick with these changes.**

**Plans:**

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