



Calories In/Calories Out

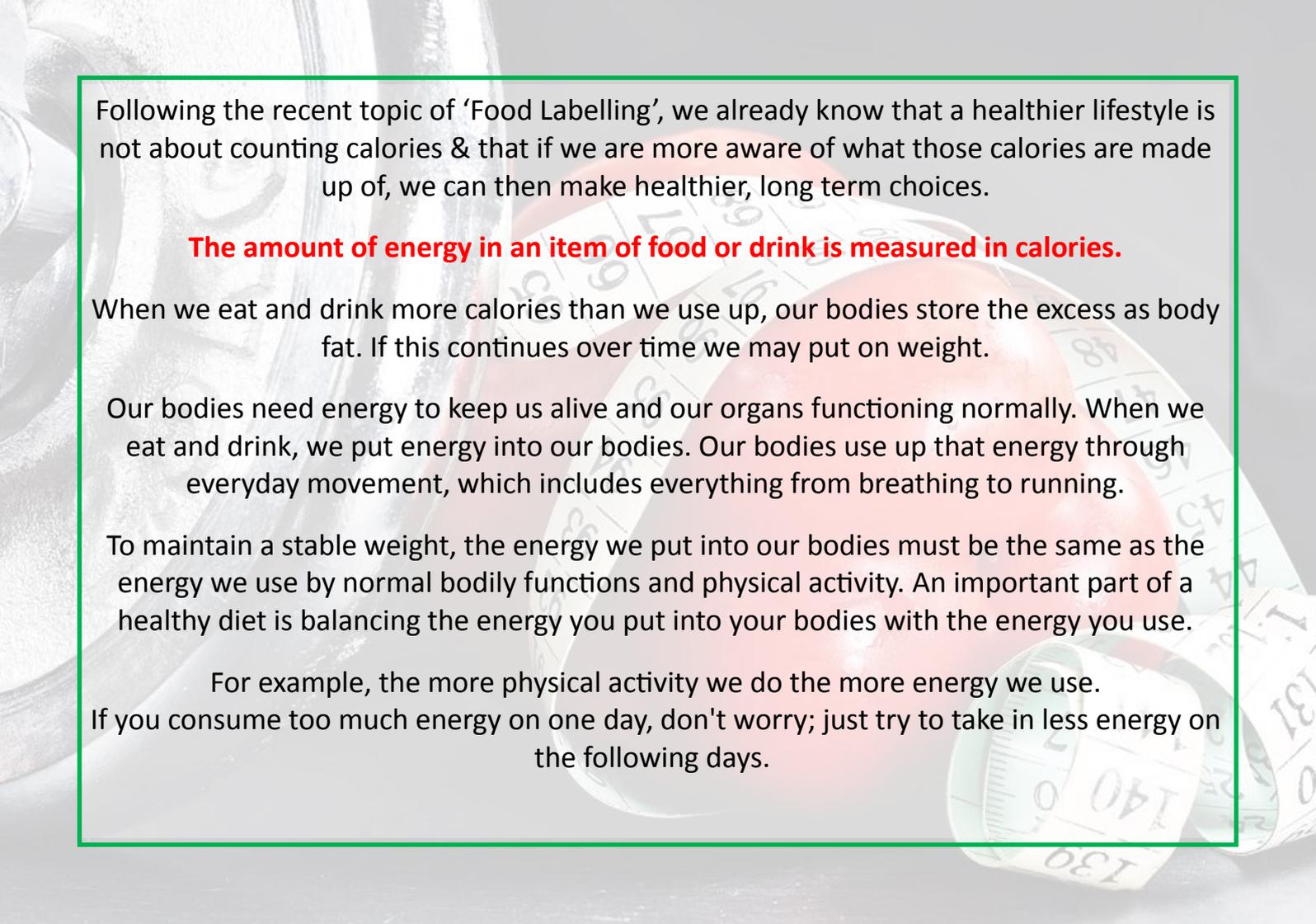
Remember:

WoW is not a diet club and we by no means suggest you start counting calories, however using calories as a guide is an easy way to help ensure we keep control of our portions & to make healthier food choices.

We are all different! Depending on size and age of a person depends on the amount of calories people use by taking part in a physical activity.

A general rule is that the more effort you put into an activity, the more calories you will use.

crawley wellbeing



Following the recent topic of 'Food Labelling', we already know that a healthier lifestyle is not about counting calories & that if we are more aware of what those calories are made up of, we can then make healthier, long term choices.

The amount of energy in an item of food or drink is measured in calories.

When we eat and drink more calories than we use up, our bodies store the excess as body fat. If this continues over time we may put on weight.

Our bodies need energy to keep us alive and our organs functioning normally. When we eat and drink, we put energy into our bodies. Our bodies use up that energy through everyday movement, which includes everything from breathing to running.

To maintain a stable weight, the energy we put into our bodies must be the same as the energy we use by normal bodily functions and physical activity. An important part of a healthy diet is balancing the energy you put into your bodies with the energy you use.

For example, the more physical activity we do the more energy we use. If you consume too much energy on one day, don't worry; just try to take in less energy on the following days.

FOOD LABEL DECODER
ALL MEASURES AS 100G/ML

	FAT	SATURATES	SUGARS	SALT
LOW HEALTHIER CHOICE	3g or less	1.5g or less	5g or less	0.3g or less
MEDIUM OK MOST OF THE TIME	3.1g to 17.5g	1.6g to 5g	5.1g to 22.5g	0.31g to 1.5g
HIGH JUST OCCASIONALLY	More than 17.5g	More than 5g	More than 22.5g	More than 1.5g

As part of a healthy balanced diet, an adult's recommended intakes ("RI") for a day are:

Women—2000 kcal

Men—2500 kcal

These days, there is a lot more emphasis on being **sugar** aware & it's surprising just how much sugar is lurking in various food & drink

For example, in a can of Cola, there are approximately 9 cubes of sugar & in a small muffin, there are 5 cubes- so that's already 14 cubes of sugar in just 2 snacks!

When you consider that for adults (11 years+) the new recommendation is only 5-7 tea-spoons/30grams, by having the Cola & Muffin we would easily go over our daily recommendations.

Want to know more?

You can find more useful hints and tips on how to manage your daily intake on the following NHS & Change4Life websites:

<http://www.nhs.uk/change4life/pages/calories.aspx><https://www.nhs.uk/change4life-beta/campaigns/sugar-smart/lurking-sugar>



Aim for 400/600/600

When we're out and about it's easy to eat more than we should – on average we're eating an extra 200-300 calories every day! Follow our simple tip, aim for 400-600-600 to help you stay on track at mealtimes. That's around 400 calories for breakfast, 600 calories for lunch and 600 for dinner – leaving room for a couple of healthy snacks and drinks.

Breakfast (400 calories): Start your day the right way when you're on the go with a healthier 400 calorie breakfast that will help keep you full until lunch. Try mixing up your morning meal choices with eggs and avocados, low-fat low-sugar yoghurts, or wholegrains, like oats.

Lunch (600 calories): Lunch keeps us going throughout the afternoon, but it's easy to grab lunch on the go without thinking about how much we're having! Try to include foods like vegetables, fruit, healthy protein, wholegrain carbohydrates and low-fat dairy.

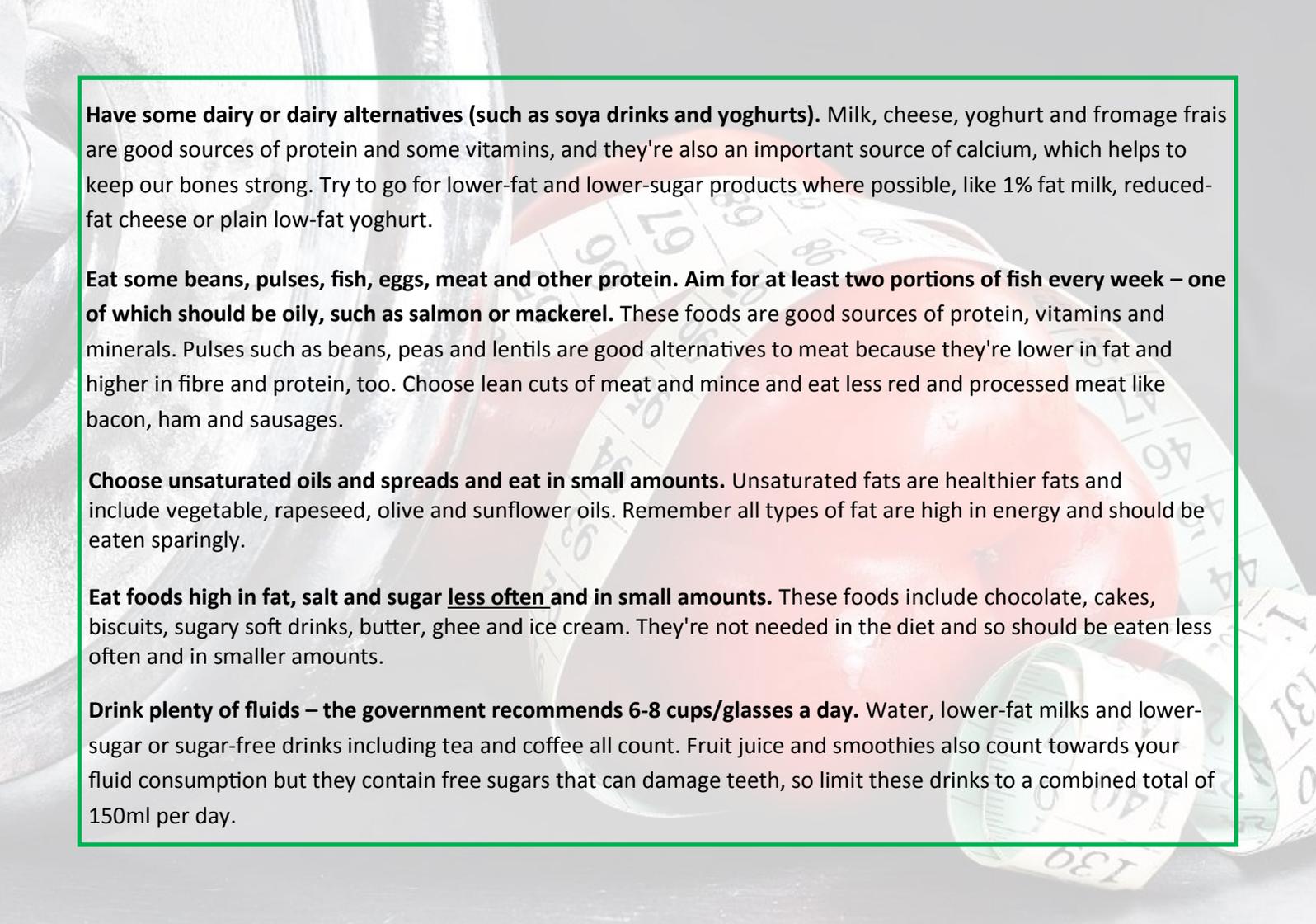
Dinner (600 calories): Grabbing dinner on the go? Scan the menu for the healthier options, follow our simple tip and aim for 600 calories. Eating at home? It's easy to pop too many calories on your plate so keep an eye on those portions.



The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. You don't need to achieve this balance with every meal but try to get the balance right over a day or even a week.

Aim to eat 5 portions of fruit and veg, per day. They should make up over a third of the food we eat each day. Aim to eat at least five portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced. (Remember that fruit juice and/or smoothies should be limited to no more than a combined total of 150ml per day.)

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates. Choose wholegrain where possible. Starchy food should make up just over a third of the food we eat. Choose higher-fibre, wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave skins on potatoes. There are also higher-fibre versions of white bread and pasta. Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



Have some dairy or dairy alternatives (such as soya drinks and yoghurts). Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones strong. Try to go for lower-fat and lower-sugar products where possible, like 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.

Eat some beans, pulses, fish, eggs, meat and other protein. Aim for at least two portions of fish every week – one of which should be oily, such as salmon or mackerel. These foods are good sources of protein, vitamins and minerals. Pulses such as beans, peas and lentils are good alternatives to meat because they're lower in fat and higher in fibre and protein, too. Choose lean cuts of meat and mince and eat less red and processed meat like bacon, ham and sausages.

Choose unsaturated oils and spreads and eat in small amounts. Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils. Remember all types of fat are high in energy and should be eaten sparingly.

Eat foods high in fat, salt and sugar less often and in small amounts. These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream. They're not needed in the diet and so should be eaten less often and in smaller amounts.

Drink plenty of fluids – the government recommends 6-8 cups/glasses a day. Water, lower-fat milks and lower-sugar or sugar-free drinks including tea and coffee all count. Fruit juice and smoothies also count towards your fluid consumption but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml per day.

Combination foods

Many foods, such as pizzas, casseroles, pasta dishes and sandwiches, are combinations of the food groups in the Eatwell Guide. With these meals, check the ingredients and think about how these fit with the sections on the guide to help you achieve a balanced diet.

It's important to get some fat in your diet, but foods that are high in fat, salt and sugar have been placed outside of the circular image as they are not necessary as part of a healthy balanced diet and most of us need to cut down on these.

Unsaturated fats from plant sources, for example vegetable oil or olive oil, are healthier types of fat. But all types of fat are high in energy (calories) and so should only be eaten in small amounts.



One You Easy Meals

The free Easy Meals app is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas to help get you going if you're ever short of inspiration. Simply search through your phone's app store and download for free, to have access to lots of healthy recipes!

Activity Answers:

Food: Chunky Kit Kat (48g) 248 calories (12.6g fat) Activity: Medium speed walking (3-5 mph) for 45 minutes	Food: Battered (medium) piece of cod- 556 calories + 100g chips 239 total: 795 Activity: Circuit training- 1 hour 15 minutes
Food: 2 Finger Kit Kat (20.8g) 107 calories (5.4g) Activity: Medium speed walking (3-5mph) for 20 minutes	Food: Original salted peanuts (50g serving) 295 calories (24.5 g fats) Activity: Aquafit (water aerobics)-1 hour
Food: McDonald's hot chocolate-regular 172 ml= 135 calories (3g fat) Activity: Step aerobics for 15 minutes	Food: English mature cheddar cheese (1 x 50g) 208 calories (17.5 g fats) Activity: Cleaning floors-45 minutes
Food: Garlic bread-1 slice-96 calories (20g) (3.71g fat) Activity: Ironing 40 minutes	Food: Salt & Vinegar Crisps (32.5g pack) 169 calories (10g fat) Activity: Dancing (slow foxtrot/tango) 40 minutes
Food: Strawberries (100g) 30cals (0.1g fat) & double cream (30ml) serving 141 calories (15.15g fats) total 171 calories Activity: Mowing the lawn-25 minutes	Food: Cheese Pizza with vegetables (30cm diameter) 1925 calories (71.31g fat) Activity: Cycling (medium speed 12-14mph) 3 hours
Food: Coca-Cola (Can-330ml) 139 calories Activity: Light dog walking- 35 minutes	

*(*NB: - all categories give you a guide only as to the calorie content, dependant on the brands & portions, calories may differ)*