

During National Nutrition Month® 2005 and beyond: To Lose or Manage Your Weight Is All About Calories In, Calories Out

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According to the American Dietetic Association diet trends often focus on one food or one nutrient, promising it will be the magic bullet for losing weight and keeping it off forever. But when registered dietitians analyze a weight-loss plan, invariably it turns out that the key is reducing your intake of calories.

“There is no panacea for weight control,” says registered dietitian and American Dietetic Association spokesperson Cathy Nonas. “It’s all about the calories you put into your body versus the calories you burn. Eat a balanced diet with mostly fruits, vegetables and whole grains as your base. Accompany this with daily physical activity to help your body burn those calories so you can maintain a healthier weight.”

Nonas adds: “Budget yourself, just like you would your finances. If you overspent in the calorie department one day, try to make up for it in the exercise department the next. Over time, if you save up calories, you are able to have that once-in-a-while splurge and not feel like you’ve blown your calorie budget.”

The *American Dietetic Association’s Complete Food and Nutrition Guide* provides great calorie-burning activities to do per hour by body weight:

Activity	Calories for 120 pounds	Calories for 170 pounds
Basketball	330	460
Bicycling (10 mph)	220	310
Bowling	165	230
Hiking	330	460
Horseback riding	220	310
Jogging	385	540
Mowing lawn	300	425
Running (10 mph)	880	1,230
Swimming	330	460
Walking briskly	220	310
Weight training	165	230

National Nutrition Month®, created in 1973 and celebrated each March, helps promote healthful eating and provides consumers with practical nutrition guidance.

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