Energy balance and weight management

The basics:
• Our body takes in energy through calories in food.
• Our body burns energy through physical activity.
• When there is too little or too much of either, energy is no longer balanced.

1. Portion sizes
• 3 ounces of meat = a deck of cards
• ½ cup of cereal, rice, pasta or ice cream = half baseball
• 1 tablespoon of salad dressing or peanut butter = half ping-pong ball
• 1½ ounces of natural cheese = three dominos
• 1 ounce nuts = one handful
• 1 teaspoon butter, margarine, mayonnaise or oil = a thumb tip

2. Choose food with fewer calories per serving
• The more fruits and veggies, the better
• Whole grains help you to feel full
• Aim for lean protein sources: fish, skinless chicken, legumes, lean meats

3. Aim for 60 minutes of physical activity most days of the week
• Take a family walk, learn a new talent, turn on music and dance, take a bike ride, go for a hike, play tag, climb the stairs at home, go to the playground.
• Keep screen time to less than two hours per day.