

## Ways to Eat Fewer Calories

BREAKFAST	HEALTHY SWAP	CALORIES SAVED
Top your cereal with low fat or fat-free milk instead of 2% or whole milk.	1 cup fat-free milk instead of 1 cup whole milk	63
Top your cereal with low fat or fat-free milk instead of 2% or whole milk.	1 cup fat free milk instead of 1 cup whole milk	63
Use non-stick pan and cooking spray (rather than butter) to scramble or fry eggs.	1 squirt cooking spray instead of 1 pat butter	34
Choose reduced-calorie margarine spread for toast rather than butter or stick margarine	2 pats reduced calorie margarine instead of 2 pats butter	36

LUNCH	HEALTHY SWAP	CALORIES SAVED
Add more vegetables such as cucumbers, lettuce, tomato, and onions to a sandwich instead of extra meat or cheese.	2 tomato slices, ¼ cup sliced cucumbers and 2 onion slices instead of ¾ ounce cheese and 1 ounce ham	154
Pair a sandwich with fruit instead of chips or French fries.	½ cup diced raw pineapple instead of 1 ounce potato chips	118
Choose vegetable-based broth soups rather than cream or meat-based soups.	1 cup vegetable soup instead of 1 cup cream of chicken soup	45
When eating a salad, dip your fork into dressing instead of pouring lots of dressing on the salad.	½ Tbsp. regular ranch dressing instead of 2 Tbsp. regular ranch dressing	109
When eating out, swap a salad for French fries or chips as a side dish.	A side salad with a packet of low-fat vinaigrette instead of a medium order of fries	270

DINNER	HEALTHY SWAP	CALORIES SAVED
Have vegetables steamed or grilled instead of fried in butter or oil. Try lemon juice and herbs to flavor the vegetables. You can also use nonstick pans	½ cup steamed broccoli instead of ½ cup broccoli fried in ½ Tbsp. vegetable oil	62
Change recipes to reduce the amount of fat and calories. For example, when making lasagna, use part-skim ricotta cheese instead of whole milk ricotta cheese. Substitute shredded vegetables, such as carrots, zucchini, and spinach, for some of the ground meat in lasagna.	1 cup part-skim ricotta cheese instead of 1 cup whole milk ricotta cheese	89
When you eat out, get a side dish instead of a main course.	½ cup pasta with tomato sauce instead of 1 cup pasta with tomato sauce	138
Top pizza with veggie and just a light sprinkling of cheese instead of fatty meats.	Once slice of a cheese pizza instead of one slice of meat and cheese pizza	60

SNACK	HEALTHY SWAP	CALORIES SAVED
Choose air-popped popcorn instead of oil-popped popcorn and dry-roasted instead of oil-roasted nuts	3 cups air-popped popcorn instead of 3 cups oil-popped popcorn	73
Avoid the vending machine. Pack your own healthy snacks to bring to work. Options include veggie sticks, fresh fruit, low fat or nonfat yogurt without added sugar, or a small handful of dry roasted nuts.	8 ounces of sugar-free nonfat yogurt instead of a package of 6 peanut butter crackers	82
Choose sparkling water instead of sweetened or alcoholic drinks.	A bottle of sparkling water instead of a 12-ounce can of regular soda	136
Instead of cookies or other sweet snacks, have some fruit for a snack	One large orange instead of 3 chocolate sandwich cookies	54

Source: Ideas for Every Meal. Department of Health and Human Services. Centers for Disease Control and Prevention.  
[https://www.cdc.gov/healthyweight/healthy\\_eating/cutting\\_calories.html](https://www.cdc.gov/healthyweight/healthy_eating/cutting_calories.html)



# Nutrient Claims Reference Chart

Nutrient Claim	means...
Calorie free	less than 5 calories per serving
Low calorie	40 calories or less per serving
Fat free	Less than 0.5grams of fat per serving
Low fat	3grams or less of total fat
Low saturated fat	1gram or less saturated fat per serving
Saturated fat free	Less than 0.5g of saturated fat per serving and the amount of trans fatty acids does not exceed 1% of the total fat
Reduced fat Less fat	At least 25% less fat than the regular version
Sugar free	Less than 0.5g of sugar per serving
Reduced sugar	At least 25% less sugar per serving than the regular
High fiber	5g or more fiber per serving
Good source of fiber	2.5g to 4.9g of fiber per serving
Cholesterol free	Less than 2mg per serving
Low cholesterol	20mg or less per serving
Reduced cholesterol Less cholesterol	At least 25% less cholesterol per serving than the regular version
Sodium free/ Salt free	Less than 5mg of sodium per serving
Very low sodium	35 mg or less of sodium per serving
Low sodium	140mg of sodium or less
Reduced sodium Less sodium	At least 25% less sodium per serving than the regular version
Good Source of... Contains... Provides...	these terms mean that one serving of a food contains 10-19% of the Daily Value
Excellent Source of... High in... Rich in...	these terms mean that one serving of a food contains 20% or more of the Daily Value

## Lean

Meat, poultry, seafood and game meat with less than 10g fat, 4g saturated fat, and 95 mg cholesterol per serving.

## Extra lean

Meat, poultry, seafood and game meat with less than 5g fat, 2g saturated fat, and 95mg cholesterol per

## Lite or Light

This can mean two things. The product can have 50% less fat than the higher fat version or the product contains 1/3 fewer calories. For example Dreyer's vanilla ice cream contains 150 calories per ½ cup serving and 10 grams of fat. The Dreyer's light ice cream contains 100 calories per ½ cup serving and 3.5 grams of fat.

The term "light" can also refer to the texture and color as long as the label explains it. For example, "light brown sugar" or "light olive oil."

## Reduced in...

This claim means that the product contains at least 25% less of a nutrient than the regular version. For example, Nabisco's Original Oreo cookies contain 160 calories and 7 grams of fat per serving. The reduced fat version contains 150 calories and 4.5 grams of fat. Other words for "reduced in" include "lower in" and "fewer."



## CALORIES BURNED PER HOUR

Find the activity you participate in and use the column closest to your body weight (130, 155 or 190 pounds) to estimate calories burned per hour.

Activity	Calories burned based on body weight		
	130 lbs	155 lbs	190 lbs
Aerobics, general	354	422	518
Aerobics, high impact	413	493	604
Aerobics, low impact	295	352	431
Archery (nonhunting)	207	246	302
Automobile repair	177	211	259
Backpacking, general	413	493	604
Badminton, competitive	413	493	604
Badminton, social, general	266	317	388
Basketball, game	472	563	690
Basketball, nongame, general	354	422	518
Basketball, officiating	413	493	604
Basketball, shooting baskets	266	317	388
Basketball, wheelchair	384	457	561
Bicycling, <10mph, leisure	236	281	345
Bicycling, >20mph, racing	944	1126	1380
Bicycling, 10-11.9mph, light effort	354	422	518
Bicycling, 12-13.9mph, moderate effort	472	563	690
Bicycling, 14-15.9mph, vigorous effort	590	704	863
Bicycling, 16-19mph, very fast, racing	708	844	1035
Bicycling, BMX or mountain	502	598	733
Bicycling, stationary, general	295	352	431
Bicycling, stationary, light effort	325	387	474
Bicycling, stationary, moderate effort	413	493	604
Bicycling, stationary, very light effort	177	211	259
Bicycling, stationary, very vigorous effort	738	880	1078
Bicycling, stationary, vigorous effort	620	739	906
Billiards	148	176	216
Bowling	177	211	259
Boxing, in ring, general	708	844	1035
Boxing, punching bag	354	422	518
Boxing, sparring	531	633	776
Broomball	413	493	604
Calisthenics (pushups, sit-ups), vigorous effort	472	563	690
Calisthenics, home, light/moderate effort	266	317	388
Canoeing, on camping trip	236	281	345



<b>Activity</b>	<b>Calories burned based on body weight</b>		
	<b>130 lbs</b>	<b>155 lbs</b>	<b>190 lbs</b>
Canoeing, rowing, >6 mph, vigorous effort	708	844	1035
Canoeing, rowing, crewing, competition	708	844	1035
Canoeing, rowing, light effort	177	211	259
Canoeing, rowing, moderate effort	413	493	604
Carpentry, general	207	246	302
Carrying heavy loads, such as bricks	472	563	690
Child care: sitting/kneeling-dressing, feeding	177	211	259
Child care: standing-dressing, feeding	207	246	302
Circuit training, general	472	563	690
Cleaning, heavy, vigorous effort	266	317	388
Cleaning, house, general	207	246	302
Cleaning, light, moderate effort	148	176	216
Coaching: football, soccer, basketball, etc.	236	281	345
Construction, outside, remodeling	325	387	474
Cooking or food preparation	148	176	216
Cricket (batting, bowling)	295	352	431
Croquet	148	176	216
Curling	236	281	345
Dancing, aerobic, ballet or modern, twist	354	422	518
Dancing, ballroom, fast	325	387	474
Dancing, ballroom, slow	177	211	259
Dancing, general	266	317	388
Darts, wall or lawn	148	176	216
Diving, springboard or platform	177	211	259
Electrical work, plumbing	207	246	302
Farming, baling hay, cleaning barn	472	563	690
Farming, milking by hand	177	211	259
Farming, shoveling grain	325	387	474
Fencing	354	422	518
Fishing from boat, sitting	148	176	216
Fishing from river bank, standing	207	246	302
Fishing in stream, in waders	354	422	518
Fishing, general	236	281	345
Fishing, ice, sitting	118	141	173



Activity	Calories burned based on body weight		
	130 lbs	155 lbs	190 lbs
Football or baseball, playing catch	148	176	216
Football, competitive	531	633	776
Football, touch, flag, general	472	563	690
Frisbee playing, general	177	211	259
Frisbee, ultimate	207	246	302
Gardening, general	295	352	431
Golf, carrying clubs	325	387	474
Golf, general	236	281	345
Golf, miniature or driving range	177	211	259
Golf, pulling clubs	295	352	431
Golf, using power cart	207	246	302
Gymnastics, general	236	281	345
Hacky sack	236	281	345
Handball, general	708	844	1035
Handball, team	472	563	690
Health club exercise, general	325	387	474
Hiking, cross country	354	422	518
Hockey, field	472	563	690
Hockey, ice	472	563	690
Horse grooming	354	422	518
Horse racing, galloping	472	563	690
Horseback riding, general	236	281	345
Horseback riding, trotting	384	457	561
Horseback riding, walking	148	176	216
Hunting, general	295	352	431
Jai alai	708	844	1035
Jogging, general	413	493	604
Judo, karate, kick boxing, tae kwan do	590	704	863
Kayaking	295	352	431
Kickball	413	493	604
Lacrosse	472	563	690
Marching band, playing instrument(walking)	236	281	345
Marching, rapidly, military	384	457	561
Moto-cross	236	281	345
Moving furniture, household	354	422	518
Moving household items, boxes, upstairs	531	633	776
Moving household items, carrying boxes	413	493	604
Mowing lawn, general	325	387	474
Mowing lawn, riding mower	148	176	216



Activity	Calories burned based on body weight		
	130 lbs	155 lbs	190 lbs
Music playing, cello, flute, horn, woodwind	118	141	173
Music playing, drums	236	281	345
Music playing, guitar, classical, folk(sitting)	118	141	173
Music playing, guitar, rock/roll band(standing)	177	211	259
Music playing, piano, organ, violin, trumpet	148	176	216
Paddleboat	236	281	345
Painting, papering, plastering, scraping	266	317	388
Polo	472	563	690
Pushing or pulling stroller with child	148	176	216
Race walking	384	457	561
Racquetball, casual, general	413	493	604
Racquetball, competitive	590	704	863
Raking lawn	236	281	345
Rock climbing, ascending rock	649	774	949
Rock climbing, rapelling	472	563	690
Rope jumping, fast	708	844	1035
Rope jumping, moderate, general	590	704	863
Rope jumping, slow	472	563	690
Rowing, stationary, light effort	561	669	819
Rowing, stationary, moderate effort	413	493	604
Rowing, stationary, very vigorous effort	708	844	1035
Rowing, stationary, vigorous effort	502	598	733
Rugby	590	704	863
Running, 10 mph (6 min mile)	944	1126	1380
Running, 10.9 mph (5.5 min mile)	1062	1267	1553
Running, 5 mph (12 min mile)	472	563	690
Running, 5.2 mph (11.5 min mile)	531	633	776
Running, 6 mph (10 min mile)	590	704	863
Running, 6.7 mph (9 min mile)	649	774	949
Running, 7 mph (8.5 min mile)	679	809	992
Running, 7.5mph (8 min mile)	738	880	1078
Running, 8 mph (7.5 min mile)	797	950	1165
Running, 8.6 mph (7 min mile)	826	985	1208
Running, 9 mph (6.5 min mile)	885	1056	1294
Running, cross country	531	633	776
Running, general	472	563	690
Running, in place	472	563	690
Running, on a track, team practice	590	704	863
Running, stairs, up	885	1056	1294
Running, training, pushing wheelchair	472	563	690



Activity	Calories burned based on body weight		
	130 lbs	155 lbs	190 lbs
Running, wheeling, general	177	211	259
Sailing, boat/board, windsurfing, general	177	211	259
Sailing, in competition	295	352	431
Scrubbing floors, on hands and knees	325	387	474
Shoveling snow, by hand	354	422	518
Shuffleboard, lawn bowling	177	211	259
Sitting-playing with children-light	148	176	216
Skateboarding	295	352	431
Skating, ice, 9 mph or less	325	387	474
Skating, ice, general	413	493	604
Skating, ice, rapidly, > 9 mph	531	633	776
Skating, ice, speed, competitive	885	1056	1294
Skating, roller	413	493	604
Ski jumping (climb up carrying skis)	413	493	604
Ski machine, general	561	669	819
Skiing, cross-country, >8.0 mph, racing	826	985	1208
Skiing, cross-country, moderate effort	472	563	690
Skiing, cross-country, slow or light effort	413	493	604
Skiing, cross-country, uphill, maximum effort	974	1161	1423
Skiing, cross-country, vigorous effort	531	633	776
Skiing, downhill, light effort	295	352	431
Skiing, downhill, moderate effort	354	422	518
Skiing, downhill, vigorous effort, racing	472	563	690
Skiing, snow, general	413	493	604
Skiing, water	354	422	518
Ski-mobiling, water	413	493	604
Skin diving, scuba diving, general	413	493	604
Sledding, tobogganing, bobsledding, luge	413	493	604
Snorkeling	295	352	431
Snow shoeing	472	563	690
Snowmobiling	207	246	302
Soccer, casual, general	413	493	604
Soccer, competitive	590	704	863
Softball or baseball, fast or slow pitch	295	352	431
Softball, officiating	354	422	518
Squash	708	844	1035
Stair-treadmill ergometer, general	354	422	518
Standing-packing/unpacking boxes	207	246	302
Stretching, hatha yoga	236	281	345
Surfing, body or board	177	211	259



Activity	Calories burned based on body weight		
	130 lbs	155 lbs	190 lbs
Sweeping garage, sidewalk	236	281	345
Swimming laps, freestyle, fast, vigorous effort	590	704	863
Swimming laps, freestyle, light/moderate effort	472	563	690
Swimming, backstroke, general	472	563	690
Swimming, breaststroke, general	590	704	863
Swimming, butterfly, general	649	774	949
Swimming, leisurely, general	354	422	518
Swimming, sidestroke, general	472	563	690
Swimming, synchronized	472	563	690
Swimming, treading water, fast/vigorous	590	704	863
Swimming, treading water, moderate effort	236	281	345
Table tennis, ping pong	236	281	345
Tai chi	236	281	345
Teaching aerobics class	354	422	518
Tennis, doubles	354	422	518
Tennis, general	413	493	604
Tennis, singles	472	563	690
Unicycling	295	352	431
Volleyball, beach	472	563	690
Volleyball, competitive, in gymnasium	236	281	345
Volleyball, noncompetitive; 6-9 member team	177	211	259
Walk/run-playing with children-moderate	236	281	345
Walk/run-playing with children-vigorous	295	352	431
Walking, 2.0 mph, slow pace	148	176	216
Walking, 3.0 mph, mod. pace, walking dog	207	246	302
Walking, 3.5 mph, uphill	354	422	518
Walking, 4.0 mph, very brisk pace	236	281	345
Walking, carrying infant or 15-lb load	207	246	302
Walking, grass track	295	352	431
Walking, upstairs	472	563	690
Walking, using crutches	236	281	345
Wallyball, general	413	493	604
Water aerobics, water calisthenics	236	281	345
Water polo	590	704	863
Water volleyball	177	211	259
Weight lifting or body building, vigorous effort	354	422	518
Weight lifting, light or moderate effort	177	211	259
Whitewater rafting, kayaking, or canoeing	295	352	431