

Calorie Control for Good Health

The Food and Drug Administration's Obesity Working Group made news recently with a report on health and nutrition in America that emphasized calorie control in weight loss and weight management. Figures from the Centers for Disease Control and Prevention show that many of us have some work to do when it comes to calorie control.

Men report that they consume almost 170 more calories per day than they did in 1971 (up to an average of 2,600 calories) and women are reporting consumption of 335 more calories per day (an average of 1,900).

Meanwhile, research indicates that people tend to underreport their food intake when asked about it, meaning we are probably consuming more calories than we admit to. Much of the increased calorie intake since the early 1970s comes from sugary snacks and soft drinks, according to the CDC.

Take control of your calorie intake by choosing whole grains, fruits and vegetables along with lean meat and low-fat dairy foods.