

Can you estimate how many calories you consume a day?

If someone asked how many calories you consume on an average day, how accurate would you be?

According to a survey by the Human Nutrition Research Center, most Americans don't even come close to the correct number. The majority of women surveyed underreported their caloric intake by more than 600 calories and six of 10 men underreported their caloric intake by just under 600 calories. This can add up to several pounds in just one month.

If you're trying to monitor your daily dietary intake, stop guessing on calories and use the Food Guide Pyramid to help make healthier food choices and control portion sizes.

The Food Guide Pyramid helps consumers build a healthy eating plan by showing proper portion sizes that can also help monitor caloric intake. Contact a registered dietitian for more information or help with a nutrition plan that is right for you.