



# HOW MANY CALORIES ARE YOU REALLY EATING?

BY KAREN ANSEL, R.D.

● You try to eat right, but the number on the scale keeps creeping up. Sound familiar? According to a new survey by the International Food Information Council Foundation, we eat a lot more than we should. Of 1,000 Americans polled—about half of them women—34 percent underestimated how many calories they should consume in a day, and 43 percent couldn't even guess.

“So many women are eating on the run,” says Barbara J. Rolls, Ph.D, a professor of nutrition at Pennsylvania State University and author of *The Volumetrics Eating Plan*. We're not paying attention to supersized portions in restaurants, and we have no idea of the calories when we don't make the food ourselves.

The happy news is that your diet doesn't require a complete overhaul. Our advice: Instead of counting foods out, just start counting—first by calculating how many calories you need (see page 105), then by indulging in the dishes on these two pages. And remember, the more you exercise, the more you can eat! Turn the page for more indispensable stay-slim solutions.

## 400 CALORIES

- 1 TACO BELL BEEF CHALUPA SUPREME
- 1 SERVING (9 OUNCES) AMY'S MACARONI & CHEESE
- 1 MCDONALD'S QUARTER POUNDER (NO CHEESE)
- 1 WENDY'S CAESAR CHICKEN SALAD WITH CROUTONS AND CAESAR DRESSING
- 1 SUBWAY 6-INCH TURKEY BREAST SANDWICH ON A WHEAT ROLL WITH TURKEY, SWISS CHEESE, LETTUCE, TOMATO, ONION AND 1 TBSP. LIGHT MAYONNAISE
- 3 PANCAKES WITH 2 TBSP. MAPLE SYRUP AND ½ CUP FRESH BLUEBERRIES
- 1 STARBUCKS GRANDE MOCHA FRAPPUCCINO (NO WHIPPED CREAM)
- 1 CUP SPAGHETTI WITH ½ CUP MARINARA SAUCE
- 14 ONION RINGS
- 4-OUNCE PIECE CHEESECAKE WITH 3 TABLESPOONS WHIPPED CREAM
- 1 CUP MEAT-AND-BEAN CHILI WITH ¼ CUP SHREDDED LOW-FAT CHEDDAR CHEESE



# THE ONLY 3 DIET RULES YOU NEED TO KNOW

## EAT MORE

**FRUITS AND VEGETABLES** Produce is naturally low in calories and high in water and fiber, so it fills you up.

**LOW-FAT DAIRY** Research shows that the calcium in skim milk, cheese and yogurt may help your body burn fat.

**WHOLE GRAINS** They're rich in fiber and more filling than refined grains. Try oatmeal or whole-grain bread with at least two grams fiber per slice.

**LEAN PROTEIN** It's slowly digested, so it stays in your stomach longer. Good choices: Pork tenderloin, broiled Pacific halibut, skinless chicken and deli turkey breast.

**SALADS AND BROTH-BASED SOUPS** Start your meals with a high-volume, low-calorie food like vegetable soup and you'll eat less overall.

**BEANS AND LEGUMES** Toss some black beans or chickpeas in your salad at lunch. They boast a unique combination of fiber to fill you up and protein to keep you satisfied.

## EAT LESS

**SWEETENED CEREALS AND YOGURT** The typical six-ounce container of yogurt with fruit on the bottom packs more than two tablespoons of sugar—more than 100 calories.

**WHITE CARBS SUCH AS BREAD, PASTA AND RICE** They contain empty calories and little fiber.

**"FAKE FOODS" LIKE RICE CAKES** They're so lacking in taste that you end up overeating them because you never feel satisfied.

**SALTY OR FRIED SNACKS** Not only are they loaded with heart-clogging saturated fat, these foods also invite mindless munching.

## EAT A LOT LESS OFTEN

**SWEETENED DRINKS SUCH AS SODA AND ICED TEA** Drinking just one can of soda a day equals about 150 calories—and fifteen extra pounds a year.

**BAGELS, MUFFINS, CAKES AND COOKIES** The average deli bagel is so enormous that it counts as four servings of bread.

**BUTTER, MAYONNAISE AND FULL-FAT SALAD DRESSING** Butter and mayo contain more than 100 calories per tablespoon, and salad dressing can have 75 calories or more. Switch to light mayo and dressing and use them sparingly.

**SOURCES** Keith-Thomas Ayoob, R.D., assistant professor of nutrition at Albert Einstein College of Medicine in New York and author of *The Uncle Sam Diet*; Joanne L. Slavin, Ph.D., a professor of nutrition at the University of Minnesota in Minneapolis; Barbara J. Rolls, Ph.D.; Lisa R. Young, Ph.D., R.D., author of *The Portion Teller*

# THAT HAS HOW MANY CALORIES?

When we put them to the ultimate test—guessing how many calories were in last night's dinner—these women had no idea. Are you a better judge of what's on your plate?

**NANCY JONES, AGE 38,  
FORT HOOD, TX**  
**HER DINNER** Turkey burger with sliced Muenster cheese and barbecue sauce on a whole-wheat bun, 1/2 cup cucumber salad with 2 tablespoons Italian vinaigrette, 1 individual-sized pecan pie and a glass of water  
**HOW MANY CALORIES SHE THINKS SHE ATE** 450  
**HOW MANY CALORIES SHE REALLY ATE** 1,085



**MICHELLE HENRY, AGE 40,  
DANVILLE, CA**  
**HER DINNER** Grilled chicken breast (about 4 ounces) with 3 tablespoons reduced-calorie barbecue sauce, 3 slices grilled zucchini, 1/2 cup sliced grilled Yukon Gold potatoes with 1 tablespoon butter, one 4-ounce glass white wine and four Trader Joe's Joe-Joe's cookies.  
**HOW MANY CALORIES SHE THINKS SHE ATE** 800  
**HOW MANY CALORIES SHE REALLY ATE** 767

**JESSICA MONROY, AGE 36,  
WALNUT CREEK, CA**  
**HER DINNER** Ten almonds, 4 crackers with sliced Manchego cheese and one 6-ounce glass white wine, followed by one slice of a baguette, 4 ounces broiled salmon, 1/2 cup rice pilaf, 8 stalks asparagus, 12 green beans and 1 scoop coconut ice cream with 3 slices mango and 8 raspberries  
**HOW MANY CALORIES SHE THINKS SHE ATE** 400  
**HOW MANY CALORIES SHE REALLY ATE** 1,115



CHRIS GALLO. FOOD STYLIST: BRETT KURZWEIL.

10 WAYS TO INDULGE FOR  
UNDER 150 CALORIES