

Watching What You Eat to Lose 5 Pounds in a Month

Consider: Five pounds equals roughly **17,500 calories**. Cut calories from your diet and you could lose up to 5 pounds. That may sound like a lot of calories, but you can melt them away in a month of smart eating and simple exercises. Here's how:

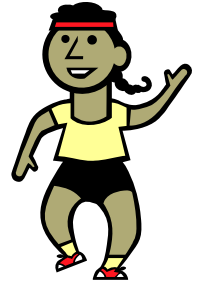


1. Drink 16 ounces of skim milk each day instead of 2% milk.
Calories Lost: 2,400*
2. Eliminate 1 slice of bread a day.
Calories Lost: 3,000*
3. Use skim milk and artificial sweetener in your coffee, instead of cream and sugar.
Calories Lost: 3,600*
4. Use a vinegar-based salad dressing rather than a cream-based one.
Calories Lost: 1,280*
5. Reduce your alcohol intake by one drink per week.
Calories Lost: 500*
6. Replace one sugar-based drink (soda, real fruit beverage) with water every day.
Calories Lost: 6,000*
7. Instead of french fries three days a week, have a small baked potato with a little salt and pepper.
Calories Lost: 1,900*

Total calories burned or lost: 17,680*

*Calorie burn based on 155-pound person over one month's time. People who weigh more will burn more. All numbers quoted are approximate.

Getting Active to Lose 5 Pounds in a Month



Consider: Five pounds equals roughly **17,500 calories**. That may sound like a lot of calories, but you can melt them away in a month of smart eating and simple activities. Here's how:

1. Take a 15-minute walk daily during your lunch break.
Calories Burned: 2,200*
2. Spend 30 minutes four times a week dancing to your favorite music (fun with the kids).
Calories Burned: 3,200*
3. Stand up on your toes 200 times each day while doing the dishes, watching TV, etc.
Calories Burned: 3,000*
4. Shovel snow, garden or rake leaves for half an hour, three times a week.
Calories Burned: 2700*
5. Ten extra minutes of walking stairs each day adds up fast.
Calories Burned: 2,200*
6. Do "commercial calisthenics": Three times a week, during any two hours of TV watching, jump rope during commercials. That'll get you about 30 minutes of exercise.
Calories Burned: 2,700*
7. Leave the mop and vacuum in the closet, and sweep and scrub the floors yourself.
Calories Burned: 1,420*

Total calories burned or lost in one month: 17,420*

*Calorie burn based on 155-pound person over one month's time. Those who weigh more will burn more. All numbers quoted are approximate. Check with your doctor first before doing any activity.

U.P. Diabetes Outreach Network
Strengthening Diabetes Care & Prevention
in Upper Michigan since 1985
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