



# SCALE BACK ALABAMA BALANCE YOUR CALORIES WITH PORTION CONTROL

You can still eat the foods you love but watch your portion sizes! Moderation is KEY- enjoy your food, but eat less of it. You can also lighten the foods you already love. Crave potato chips? Switch them out for baked chips! When it comes to maintaining a healthy weight for a lifetime, the bottom line is CALORIES COUNT! Balance the number of calories you consume with the number of calories your body burns as fuel. Regardless of the foods you eat, a calorie is a calorie, so keep in mind that eating healthier foods benefits your body more. For additional resources on balancing your calories and activity, click [here](#).

**Inclusion Tip:** Managing weight for any ability is particularly important for preventing chronic diseases and weight-related health complications. For people with diabetes, monitoring the amount of carbohydrates consumed is important in controlling blood sugar levels. For tips on healthy eating with type 2 diabetes, check out this [video](#).

**What About Physical Activity? I can eat whatever I want as long as I am exercising. Right? Not really!**

You can't eat high calorie fast food (or more calories than you need) every day and work out with the expectation of losing weight. Research shows that weight loss is better achieved through diet rather than exercise. Keep in mind that exercise is important and needed for health benefits but eating a healthy diet and cutting calories will help the most with weight loss.

## Links:

**Finding A Balance** <https://www.cdc.gov/healthyweight/calories/>

**Portion Distortion** <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

**Healthy Weight Basics** <http://www.nhlbi.nih.gov/health/educational/wecan/healthy-weight-basics/index.htm>

## Family Focus:

**Teaching Kids About Balancing Calories And Physical Activity** <http://www.nourishinteractive.com/blog/573-teaching-kids-about-balancing-calories-and-physical-activity-facts-games-and-resources>

## Inclusion Tip:

**Dining With Type 2 Diabetes** <http://www.nchpad.org/1218/5867/Dining~with~Type~2~Diabetes>

## Weekly Recipe:

[Sweet & Sour Couscous Stuffed Peppers](#)

*Note: Substitution can be made with using ground turkey instead of ground beef.*

**FAMILY MATTERS:** Energy is another word for "calories." Energy balance is the balance between ENERGY IN and ENERGY OUT. Keep a conscious mind of the different foods being ingested and what the calorie count is. Bring the family to the table more, cook more dinners, and get the kids involved. If you are having more cooked meals at home, then you know what is going into them. Whereas going out to eat, the portion sizes are a lot larger and there is no control over what is being cooked into the foods.