

## Balancing Calories for a Healthy Weight



*What is the healthiest way to lose weight and keep it off for longer periods of time?*

*Though we look for quick fixes, fad diets, and extreme workout regimens, the secret to weight loss is as easy as balancing daily calories.*

### The Food Bank Feedback

A newsletter published monthly and sent to all agencies receiving food distribution, free of charge.

### Contributing Nutrition Educators

Maya Jalil  
Gretchen Hunt

### Weinberg Regional Food Bank

Rich Kutz - Director  
165 Amber Lane  
Wilkes-Barre, PA 18703

Telephone: 570-826-0510

Fax: 570-829-1665

E-mail: [ceo@sunlink.com](mailto:ceo@sunlink.com)

### Send your nutrition questions to:

CEO, Attn: Gretchen Hunt  
PO Box 1127  
Wilkes-Barre, PA 18703  
[ghunt@ceopeoplehelpingpeople.org](mailto:ghunt@ceopeoplehelpingpeople.org)

Funded by the  
PENNSYLVANIA  
NUTRITION  
EDUCATION TRACKS

## Maintaining Weight

For someone to maintain the current weight that they're at, the calories they eat must equal the amount of calories they put out each day. Calories are burned naturally each day by the body processes, but extra can be burnt while doing physical fitness; these are considered "calories out". Think of weight maintenance as a scale, for the scale to be equal, both sides have to weigh the same. It's the same for calories. Many Americans have issues with calorie imbalance; they consume more calories than they burn each day, causing weight gain, this is known as "calories in". Simple changes in balancing calories in versus calories out include a well-balanced diet, choosing nutrient-dense foods and drinks, and adding physical activity.

## Balancing Act

Here are some easy tips on how to easily balance calories and maintain your body weight:

- **Don't skip breakfast** - Though many of us think skipping breakfast can help eat less calories, it has an opposite effect. We tend to get hungrier throughout the day, causing us to eat more calories with junk foods.
- **When ordering out, eat half of the portion given** - At the restaurant; ask for the takeout box up front. When the meal comes simply cut the meal in half and only eat what is on the plate. This will help decrease the portion size.

• **Be mindful** - Only eat when you are truly hungry and stop eating when you are about 90% full. Try drinking a glass of water before eating; often times we are dehydrated, sending our brains a false message that we are hungry.

• **Eat nutrient-dense foods** - Pick foods that are wholesome like fruits, vegetables, lean proteins, and whole grains. They will help you feel fuller for longer periods of time. Try to avoid sugary, salty, and fatty foods.

• **Limit time spent in front of the television or computer** - Instead of spending the day on the couch or computer, try walking the dog around the neighborhood, hiking with friends, or taking an exercise class. All it takes is 30 minutes a day to a new you!



Find us on:  
**facebook®**

<http://www.facebook.com/CEO.nepa>

## • Recipe •

# BROWN RICE and Chicken with Vegetables\*

*Serves 4, cook time 30 minutes*

### Ingredients

- ☐ 3 cups hot cooked brown rice
- ☐ 1 small white onion, cut into small wedges
- ☐ 3 medium carrots, peeled and thinly sliced diagonally
- ☐ 1 ½ cups small broccoli florets
- ☐ 1 medium red bell pepper, cut into 1-inch pieces
- ☐ ½ cup corn kernels
- ☐ 3 tbsp. low-sodium soy sauce
- ☐ ¼ cup water
- ☐ 1 tbsp. honey
- ☐ 1 tbsp. cornstarch
- ☐ 1 ½ tbsp. canola or corn oil
- ☐ 1lb. boneless chicken breast, cut into 1-inch cubes
- ☐ 2 cloves garlic, minced



### Directions

1. Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
2. Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minute until garlic is golden.
3. Add chicken; cook about 5-6 minutes, then push chicken to the side.
4. Add onions to center of skillet; cook until slightly tender and push to the side.
5. Continue with carrots, broccoli, corn, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
6. Pour soy sauce mixture into center of skillet. Leaving other ingredients at the sides of the pan, stir sauce until it thickens.
7. Mix in with vegetables and chicken. Serve immediately over cooked brown rice.

**Nutrition:** 400 calories, 10g fat, 1g saturated fat, 30g protein, 49g carbohydrate, 7g fiber, 550mg sodium

\*Recipe adapted from [www.choosemyplate.gov](http://www.choosemyplate.gov)



Funded by the PENNSYLVANIA NUTRITION EDUCATION TRACKS, a part of SNAP-Ed.

To find out how SNAP ( Food Stamp Program) can help you buy healthy foods, contact CEO's SNAP screening & application service: toll-free at 800-822-0359.

This institution is an equal opportunity provider and employer.

