

# CALORIES IN + CALORIES OUT = CALORIE BALANCE

## What is Calorie Balance?

Calorie balance describes the balance of **Calories in** — the calories from foods and beverages you eat and drink each day, with **Calories out** — the calories you burn through basic body functions and physical activity.



## Did You Know?



# FIND YOUR BALANCE

## Strategies for Success



### Build a Healthy Plate

- ✓ Make half your plate fruits and vegetables.
- ✓ Choose non-fat or low-fat (1%) dairy products.
- ✓ Include lean protein sources.
- ✓ Make half your grains whole grains.

### Decrease portion sizes.

Eat and drink less, especially with high calorie items.

### Limit empty calories.

Choose foods and drinks with less solid fat and added sugars.

### Be active your way.

Be active to maintain a healthy weight and prevent excess weight gain.

### Cook more often at home.

Planning ahead can help you make better food choices.



United States  
Department of  
Agriculture

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.