

Strike the Calorie Balance

Know Your Limits for Healthy Weight

A calorie is simply a unit of energy you get from food. Everyone has their own calorie limit. Staying within yours can help keep you at a healthy weight.

Take command of calories with these actions:

- Keep a food diary to track calories and be aware of what you eat or drink.
- Remember a calorie is a calorie, even if foods are fat-free.
- Increase physical activity and reduce calories to lose weight.

Solve the good health equation by counting your daily calories.



To figure out what your daily calorie limit should be, visit ChooseMyPlate.gov and look in the Weight Management and Calories tab.



**BlueCross BlueShield
of Illinois**

Source: Centers for Disease Control and Prevention

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