

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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