



What are “Discretionary Calories”?

These are the “treats” or the “extras” in your diet. Discretionary calories are part of our daily “calorie budget.” Maybe you like holiday cookies and candy. It’s OK to enjoy some in moderation.

Too many extra calories, however, can lead to weight gain. Even an extra 100 calories a day can add up to a 10-pound weight gain in a year. These amounts of food each have 100 calories: two-thirds of a can of a regular soft drink, 2 tablespoons of jelly/jam OR 1 tablespoon of butter or margarine.

How many total calories do I need to maintain my weight?

We’re all different. Your calorie needs depend on how old you are, how physically active you are and whether you are male or female.

We all have a daily calorie budget, our “calorie salary.” Calories are units of energy. We spend calories to maintain body functions. We also spend calories on walking and other forms of physical activity.

As we get older, we need fewer calories to maintain our weight. For example, a 20-year-old man who is not physically active needs about 2,400 calories. A 50-year-old man who is not physically active needs about 2,000 calories.

How many discretionary calories do I get?

The chart gives a general guide for total calories and discretionary calories for adults. People who are more physically active need more calories.

Gender/age	Estimated total calorie need*	Estimated “discretionary” calories (out of total)*
Females		
19 - 30	2,000	265
31 - 51	1,800	195
51+	1,600	130
Males		
19 - 30	2,400	360
31 - 51	2,200	290
51+	2,000	265

* These amounts are for individuals who get less than 30 minutes of physical activity per day.

Read nutrition labels

Check serving sizes and calorie amounts on Nutrition Facts labels. You can spend your discretionary calories by eating more food from any food group of MyPyramid.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Overall, choose discretionary calorie foods that you really enjoy, but don’t overdo your portions.



Visit

www.mypyramid.gov
 for more information
 on nutrition and
 physical activity.

With the “super-sizing” of food portions, it’s kind of hard to keep track of how much I eat. Do you have any tips?

You can “size up” common food portion sizes by thinking about these images as you make your choices:

Food portion	Object for size comparison
3 ounces of meat	Deck of cards or small bar of soap
1 medium potato	Computer mouse
1 cup pasta	Tennis ball
3 ounces fish	Checkbook
1 medium apple or orange	Tennis ball
1 cup chopped raw vegetables or fruit	Baseball

If you’re going to super-size anything, make it your fruits and vegetables! Many people fall short of the daily recommendations.

2006 Calendars Have Arrived!



The 2006 FNP/EFNEP calendars feature nutrition, food safety and health information, and a monthly recipe.

Contact your local office of the NDSU Extension Service for more information.

Here’s a reduced-fat dessert recipe that uses applesauce in place of much of the fat.

Applesauce Brownies

- 1 ½ c. sugar
- ½ c. shortening, margarine or butter
- ½ tsp. cinnamon
- 2 Tbsp. cocoa
- 2 eggs
- 2 c. applesauce
- 2 c. flour
- 1½ tsp. soda
- ½ tsp. salt
- ½ c. nuts, chopped (optional)
- ½ c. chocolate chips

Preheat oven to 350 F. Beat the sugar and fat together. Add the eggs and then applesauce. Add the dry ingredients and beat. Grease or coat a 10-by-16 jelly roll pan with nonstick cooking spray. Pour batter into pan. Sprinkle over the top: 1 tablespoon sugar, ½ cup nuts and chocolate chips. Bake 25 to 30 minutes.

Makes 24 servings. Each serving has 124 calories, 21 grams carbohydrate and 4 grams fat.

HAPPY HOLIDAYS!

Contact the local office of the NDSU Extension Service for more information on food and nutrition or managing your food dollar.

