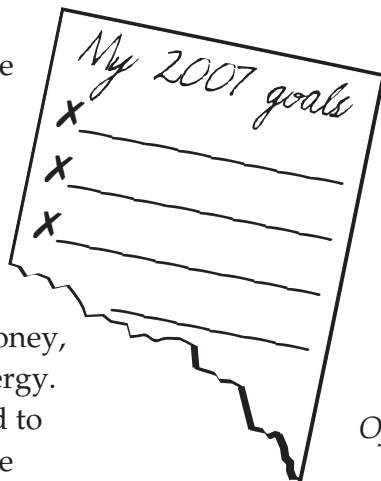


## How Will You Spend Your “Calorie Salary” in 2007?

Many people set goals for the New Year. Sometimes goals are about money or health. These goals may seem different, but they have some things in common.



While dollars are units of money, calories are units of food energy. Just like our money, we need to budget our calories. A calorie budget can be broken into two parts:

- **Essential calories** are needed to meet your basic needs. Choose your essential calories wisely with a diet rich in whole grains, vegetables, fruits, lean meats/beans and calcium-rich foods, such as milk.
- **Discretionary calories** are the extras in your diet. If you make wise food choices based on MyPyramid, you have a little room for an occasional “splurge.”

If we eat or drink more calories than we spend through physical activity, we “bank” the rest as body fat. About 3,500 extra calories equals a pound of body fat. Being overweight can increase the risk of getting diabetes, heart disease or other illnesses.

### How Many Calories Do You Need?

This chart shows the range of total calories and discretionary calories that adults need.

Find your category and circle your estimated calorie needs.

For a personalized plan, visit [www.mypyramid.gov](http://www.mypyramid.gov).

*Example: A 40-year-old male who is physically active needs 2,400 to 3,000 calories. Of that total, 360 to 510 calories are discretionary calories.*

| Gender/age     | Not physically active*       |                                      | Physically active**               |   |
|----------------|------------------------------|--------------------------------------|-----------------------------------|---|
|                | Estimated total calorie need | Estimated discretionary calorie need | Estimated total calorie allowance | Estimated discretionary calorie allowance |
| <b>Females</b> |                              |                                      |                                   |   |
| 19-30 years    | 2,000                        | 265                                  | 2,000-2,400                       | 265-360                                   |
| 31-50          | 1,800                        | 195                                  | 2,000-2,200                       | 265-290                                   |
| 51+            | 1,600                        | 130                                  | 1,800-2,200                       | 195-290                                   |
| <b>Males</b>   |                              |                                      |                                   |   |
| 19-30 years    | 2,400                        | 360                                  | 2,600-3,000                       | 410-510                                   |
| 31-50          | 2,200                        | 290                                  | 2,400-3,000                       | 360-510                                   |
| 51+            | 2,000                        | 265                                  | 2,200-2,800                       | 290-425                                   |

\* Less than 30 minutes of physical activity per day.

\*\* 30 to 60 minutes of physical activity per day.

Learn about the energy in your food choices by comparing calories and serving sizes on food labels. While you’re looking at numbers, compare prices, too!

Visit [www.ag.ndsu.edu/foodwise](http://www.ag.ndsu.edu/foodwise) for more information.

This material was funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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I want to get fit in 2007! I hear people talking about wearing pedometers. What are they? Are they expensive?

Pedometers count the number of steps that you take. You clip a pedometer to your belt or waistband, and you can compare your number of steps from day to day. Many health experts suggest working up to a goal of 10,000 steps a day.



Pedometers can range in price from about \$10 to more than \$25. Many people find pedometers helpful as they try to increase their amount of physical activity. For more information about physical activity, visit the Walk North Dakota Web site: [www.walknd.com](http://www.walknd.com).

Should I use an alcohol hand sanitizer?



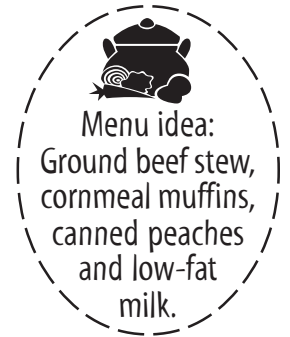
Washing your hands with plain old soap and water is the best option.

If you don't have a sink nearby to wash your hands, sanitizers are OK. Be sure the sanitizer contains at least 60 percent alcohol to be effective. The downside of alcohol: It can be drying and lead to cracks in your skin where germs can hide!

Here's a hearty main dish that's high in vitamin C and vitamin A.

## Ground Beef Stew

½ pound ground beef  
⅓ tsp. salt (optional)  
⅓ tsp. pepper (optional)  
1 (10¾-ounce) can tomato soup  
Water, one soup can full  
6 medium sliced carrots  
2 medium sliced potatoes  
1 medium diced onion



Brown meat. Drain fat. Season with salt and pepper if desired. Add soup and one can of water to frying pan. Add vegetables. Bring to a boil, then simmer, covered, about 25 minutes or until tender. Remove from heat. Cover for last 10 minutes to thicken.

Makes four servings. Per serving: 250 calories, 8 grams (g) fat, 27 g carbohydrate and 6 g fiber.

Julie Garden-Robinson, Food and Nutrition Specialist

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

