



May Wellness Facts

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Energy Balance

ENERGY is another word for calories. Whenever you eat or drink, ENERGY is coming IN. Your body is also constantly working, so ENERGY is going OUT. BALANCE is when the same amount of energy is going IN as is going OUT.

Weight Gain = more IN than OUT
 Weight Loss = more OUT than IN

ENERGY IN

- Choose food portions no larger than your fist.
- Choose fruits and vegetables as snacks.
- Eat a low-fat, high-fiber breakfast – it may make you less hungry later in the day.
- Cut high-calorie foods like baked goods and chocolate into small pieces and eat fewer pieces.

ENERGY OUT

- Take the long way to the water cooler.
- Buy a set of hand weights and play a round of Simon Says with your children—you do it with the weights, they do it without.
- Choose “labor-spending” devices instead of “labor-saving” devices: wash the car by hand instead of going through an automatic car wash.
- Go on a family bike ride or hike.



Burning an extra 150 calories a day can help you lose 10 pounds in one year. So, get out and move!

Source: <http://wecan.nhlbi.nih.gov>

Yogurt Parfait

- ½ cup blueberries, washed
- 1 banana, peeled and sliced
- 16 ounces non-fat lemon yogurt
- ¼ cup lowfat granola

Spoon 2 tablespoons of blueberries and one quarter of banana into four 6 ounce parfait glasses; top berries and bananas with yogurt. Add 1 tablespoon granola over the yogurt layer in each glass. Serve immediately.



Make changes to the recipe by using your favorite local fruits in season all summer long.

111 calories per serving, 1 gram fat, 21 grams carbohydrates, 6 grams protein.