

COUNTING CALORIES?



LOOK FOR THE NEW NYC
**READ 'EM
BEFORE YOU
EAT 'EM!**
CALORIE POSTINGS!

**The new calorie information
in NYC chain restaurants can
help you avoid weight gain.
Here are some tips for
making healthy food choices.**

How Many Calories Do You Need Each Day?

- 2,000 calories a day is all most adults should eat. Young children need even fewer.
- Overeating can lead to diabetes, heart disease and other serious health problems.

Recommended Daily Calorie Intake

	Males		Females	
	Activity level		Activity level	
Age	Sedentary	Moderate	Sedentary	Moderate
2	1000	1000	1000	1000
3	1000	1400	1000	1200
4-5	1200	1400	1200	1400
6	1400	1600	1200	1400
7	1400	1600	1200	1600
8	1400	1600	1400	1600
9	1600	1800	1400	1600
10	1600	1800	1400	1800
11	1800	2000	1600	1800
12	1800	2200	1600	2000
13	2000	2200	1600	2000
14	2000	2400	1800	2000
15	2200	2600	1800	2000
16-18	2400	2800	1800	2000
19-20	2600	2800	2000	2200
21-25	2400	2800	2000	2200
26-40	2400	2600	1800	2000
41-45	2200	2600	1800	2000
46-50	2200	2400	1800	2000
51-60	2200	2400	1600	1800
61-65	2000	2400	1600	1800
66 and up	2000	2200	1600	1800

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Tips for Eating Out

✔ Compare calorie counts located next to menu items — and choose wisely.

✔ Have a glass of water or seltzer instead of a sugar-sweetened drink.

✔ If you order a sugary drink, get a small one.

✔ Instead of foods that are fried or breaded, choose those that are grilled, roasted or broiled.

✔ If you're in the mood for a sandwich, try turkey, chicken or lean roast beef, and go easy on the mayo.

✔ Choose lower-calorie toppings on your pizza. Instead of pepperoni, ask for mushrooms or broccoli.

✔ Have a single hamburger instead of a double.

✔ Get a small order of fries instead of a large.

✔ Ask for low-fat milk in coffee, and stick to sugar substitutes or one sugar.

✔ Split a meal with a friend.

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**To learn more about the new NYC calorie
postings and making healthy food choices,
call **311** or visit nyc.gov/calories.**