



How many calories?

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Whenever I talk to someone about nutrition, the conversation revolves around calories. It's common to think that the number one way to lose weight is to decrease the calories taken in and increase the calories expended. While this has been proven true, I believe that those who are looking to change their diet or lose weight are overlooking a key factor: All Calories Are Not Created Equal.

The first step in most diet changes should be to change the type of food being eaten rather than the amount of calories consumed. It is almost certain that a person will lose more weight eating 300 calories of a healthy food than 300 calories of an unhealthy food. We just have to find an easy way to differentiate the good and the bad. An easy way to answer this question is to look for foods that your body was made to survive off of and reject the ones that are processed or of unknown origin. Here are some questions to ask yourself next time you're at the market...

"Could harvest this?"

"Could I dig this out of the ground?"

"Could I get this from an animal?"

"Could I fish for this?"

"Could I pick this from a tree?"

These questions ensure that the food you're eating is optimal for your body. Instead of making food choices that include ingredients such as high fructose corn syrup, MSG, hydrogenated oil, bleached flour, etc., you eat fruit, meat, dairy products, vegetables, and non-processed grains.

As easy as this sounds, it is often tough to make the right choice due to all the other great tasting options out there. A good rule of thumb is to make 80-90% of your diet healthy and the other 10-20% free game. This won't happen overnight, but if you progressively add the good food and take out the bad, you will start to see excellent progress.



Tip: Make better choices for a greater percent of your food intake instead of counting calories and your diet will improve drastically.