What’s 1600 calories?

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What do I do with 1600 calories?

Standard Pattern
• Breakfast
• Snack
• Lunch
• Snack
• Dinner

In Calories:
• Breakfast ➢ 400 calories
• Snack ➢ 200 calories
• Lunch ➢ 400 calories
• Snack ➢ 200 calories
• Dinner ➢ 400 calories

EXAMPLE: 400 kcal Breakfast
EXAMPLE: 200 kcal Snack

EXAMPLE: 400 kcal Lunch

EXAMPLE: 200 kcal Snack

EXAMPLE: 400 kcal Dinner

Any ideas?

Tips For Eating Less Calories:
But wait, there’s more!

- Not just calories!
- Nutrient density
- Caloric density

Summary

- Calories add up!
- Exercise is important!
- Quality of calories