

Mayo Clinic Minute

Calorie Calculations

Video

Audio

	3, 2...
	The ball has dropped,
	<i>cheers</i>
	and you're wanting the number on the scale
	<i>stepping on scale</i>
	to do the same? Then start with this question.
	Am I really accounting for everything, or are there some sneaky calories here and there?
	Mayo Clinic dietitian Katherine Zeratsky says an honest, detailed food journal will give you the answer.
Title: KATHERINE ZERATSKY DIETITIAN Mayo Clinic	Pay special attention to the portions that you are taking in compared to the servings on the package, so you can get really accurate information.
	<i>typing on keyboard</i>
Title: JEFF OLSEN MAYO CLINIC NEWS NETWORK Mayo Clinic	Compare your tally to what's recommended for someone like you.
	This tool on MayoClinic.org uses age, weight, height, gender and activity level to calculate a calorie total.

	<i>mouse click</i>
	In this case, 2400 for maintaining my current weight, if I remain somewhat active.
	And I think that's an important consideration when looking at your overall calorie intake, is looking at how active you are.
	Increase your activity or decrease calories in your diet – and the drop you're looking for should show up here.
Graphic	For the Mayo Clinic News Network, I'm Jeff Olsen.