

Using a calorie counter to successfully lose weight

Welcome to the world of nutrition! It may sound incredible, but the average person consumes at least 70,000 meals during his lifetime. That is at least one good reason to take a closer look at what we eat. Quite often we forget how important the nutritional components of our meals are and what vital part they play in our existence. They fuel our activities, defend us against diseases, and give us the strength to heal when we get sick, or are injured.

The energy produced from the fats, carbohydrates and proteins in our food is measured in calories. In other words, a calorie - or scientifically, kilocalorie - is an energy unit. It also represents the amount of energy required to raise the temperature of 1 liter of water one degree centigrade.

To determine if we are getting the right amount of energy to maintain a healthy, properly functioning body we will need to measure the exact amount of calories we consume. This can be accomplished in various ways. The most convenient and easy to use method is called a [calorie counter](#). This can be an actual handheld device or a free online program, which only requires you to simply type in the food type you want to check. Instantly, the website will give you the calorie count for a portion of that specific food. The best health and lifestyle sites will also give you options on how to burn off these calories. This can be quite helpful for people trying to lose weight.

Many people think they know exactly what they are eating. Unfortunately, quite often they don't. Food manufacturers and producers sometimes sneak in ingredients, and even though these components are listed on food labels in fine print, who reads them all? Calorie counters will calculate all of these factors in.

Calorie counters are not only handy, they also are great teachers. They educate us about the unexpected and hidden calories. You would be surprised if you knew the exact nutritional value and exact calorie count of your daily morning shake, or how many more grapes you could eat if you passed up on those yummy, but calorie-laden, raisins. One cup of raisins has the calorie equivalent of about eight cups of fresh grapes.

Knowing the calorie count of the foods you eat can help you make smarter food choices, even at your favourite fast food restaurant. Today, most eateries do offer healthy choices on their menu. All you have to do is watch out for condiments and salad dressings! In addition, while educating yourself about nutritional values in food and drinks, you are also setting a good example for your children, family and friends. They too should pay attention to their weight and BMI (Body Mass Index).

The use of calorie counters and their nutrition facts databases can help you to control your caloric intake. If you know the exact amount of calories you consume every day, you will be able to alter your eating habit and reduce your meal portions. It is a guarantee for losing weight. While managing your calories, you can also adjust your set daily calorie limit if you are losing weight too fast or too slow. Believe it, the better your calories management is, the faster you will reach your goals!

About the Author

Australian Lifestyle & Fitness offers a free online [calorie counter](#). ALF offers both a food [Calorie Counter](#) and an exercise calorie counter, to help you take the guesswork out of healthy eating.

Source: <http://www.healthreleases.com>