

Hello, how are you?

You should consume no more than 1700Kcal per day.

You should get a pedometer (you can just get a cheap one at Walmart) and you should walk 10000 steps a day.

You should try to exercise at least 30 minutes a day.

Examples of portions and calories:

½ cup of grapes 50 Kcal

1 medium apple 50 Kcal

2 prunes 50Kcal

½ cup of watermelon 50 Kcal

1 medium pear 100Kcal

1 medium orange or small grapefruit 50 Kcal

½ cup of any berries 50 Kcal

1 medium banana 100 Kcal

Most veggies are very low in calories (0-20) except for potatoes (1/2 cup 100 Kcal, 1 carrot 50 Kcal, ½ cup peas 50 Kcal)

3 oz Salmon 200 Kcal

6 pieces sushi 250 Kcal

3 oz chicken breast 150 Kcal

3 oz lean beef 150 Kcal

3 slices cold cuts (lean) 50 Kcal

1 large egg 50 Kcal

¾ cup cereal and oatmeal 100Kcal

½ cup rice 100Kcal

1 slice brown bread 50 Kcal

1 slice Pizza 350 Kcal

1 Burger at least 450 Kcal

Fries (medium) 400 Kcal

6 nuggets 300 Kcal

1 hotdog 250 Kcal

1 cup of Spaghetti with tomato sauce 350 kcal

1 cup soup 100 Kcal

Asian takeout at least 400 Kcal

1 can beer 150 Kcal

1 glass of wine (4 oz) 100 Kcal

You can also look on the labels for most food and it should give the amount of calories.

Have a good day and good luck.

I will see you in 1 month,

Dr. Josee Arcand