

Counting Calories - How Many Are You Really Getting A Day?

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Take Action

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Don't just grone and pretend you're going to do it, if you want to control how you look and feel this is the start!

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What is a calorie?

A calorie is the amount of energy needed to rise the emperature of 1 gram of water by 1 degree at 15 degrees.

Be calorie concious

If you are on a 2000 calorie diet and you decide to have two glasses of Coca Cola you are looking at more than 200 calories.

That's 10% + of your daily calories in two glasses. Guess what? It's of no nutritional value either.

Plan A - Take Notes

Take notes on the number of calories for the foods you're eating. After a couple of days you will have started to find out what size portions you should be eating, what you should avoid and what you can afford to eat more of.

Plan B - Design a Diet

Now you have a rough idea of how many calories are in the foods you are eating you can start planning a diet that fits your lifestyle.

Try to have a protein, carb and fat source with every meal. Small meals 5-6 times a day is best.

To make your plan even more effective check out [Controlling Carbs](#) and discover how carb manipulation can help you lose the belly fat quicker than ever.

Putting together the perfect diet will not happen right away. It is very much a trial and error process.

Start putting together your diet right now!