

## Tiger Tips #2 – Counting CALORIES



By Tiger Coaching & Personal Training



Keeping track of the calories you consume is essential if you are trying to lose weight. If you don't know how many calories are contained in a food item, knowing how many grams of proteins, carbohydrates, or fats will help you calculate it.

- One gram of protein = 4 calories
- One gram of carbohydrate = 4 calories
- One gram of fat = 9 calories



By using the above information you can calculate the calorie content of a food item. For example if a piece of Pepperoni pizza has 10 grams of protein, 15 grams of carbohydrate, and 15 grams of fat, we calculate the total calories as follows



10 grams of protein x 4 calories/gram = 40 calories  
15 grams of carbohydrate x 4 calories/gram = 60 calories  
15 grams of fat x 9 calories/gram = 135 calories

40 + 60 + 135 = 235 total calories

**Trainer Tip:** Don't eat in front of the television, it is an instant disconnect between you and your food. We have all overeaten while watching TV at some point. Best to eat before or after television.

### Quote of the week:

"If you are ever going to see a rainbow, you have got to stand a little rain."