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100 Calories

The Lewin Group recently published an estimate of the effects on the economy of reducing our caloric intake by just 100 calories. While it was just a computer simulation, the results showed that if all adults in the U.S. reduced their caloric intake 100 calories per day and maintained it for the rest of their lives, it would eliminate more than 71 million cases of overweight and obesity—31% of the 225 million adults who fit in those categories. The impact on the economy would be over \$45 billion annually. Considering that the economy is \$14.4 trillion dollars, that's only 0.3%, so maybe it doesn't seem like much.

How about looking at it this way: you'll reduce your risk of heart disease, diabetes, cancer, orthopedic problems, and a whole lot more by losing 10 pounds. Just drop 100 calories per day every day from what you're currently eating. Do the math for yourself, remembering that there are 3,500 calories in a pound of fat. You'll have a significant impact on your health and you'll also be helping the economy by lowering healthcare costs. If we all did that, maybe we could reduce our national debt while reducing our waists as well. It all depends on one question:

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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