



April 6, 2011 – Grand Rapids, MI

Calorie Questions

On Monday, I wrote about the proposed calorie labeling on restaurant menus. Whether it will change behaviors or not is dependent on a couple of things. First, you actually have to read the information. How could you not? Think back to when you stopped at the stop sign at the end of your street; did you actually read the stop sign? Do you even remember whether it's there? Once you've studied the menu, you may stop seeing it like that stop sign; you just do what you do out of habit.

Second, you have to know what the information means. Nutrition facts labels have been required on foods for a couple of decades. If the number of calories scared people away from buying foods, who's still buying chips that are 140 calories for a one-ounce serving. That means that an 11-ounce bag of chips contains over 1,500 calories, and how many of us have eaten an entire bag? Information is helpful only if you read it, understand what it means, and care how it applies to your life and your health.

So what don't you know? What don't you understand about calories? Fats? Carbohydrates? Proteins? That's what I want to write about. Tell me what you want to know to by sending an email to 30poundclub@drchet.com—that email address only, please. I'll read them all and write about what you really want to know about calories in the coming weeks. Maybe it should be the topic of a future webinar. But first I need to know what it is you don't know.

What are you prepared to do today?

Dr. Chet

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