

## Navigation Menu

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## **Video1: How to Plan a Low Calorie Diet, 2:42**

When it comes to planning a low calorie diet, it's important to make sure you don't overdo it and get malnourished. Lose some pounds with tips from a certified health.

**URL:** [http://www.ehow.com/video\\_6847033\\_plan-low-calorie-diet.html#ixzz1dMc2ZJI9](http://www.ehow.com/video_6847033_plan-low-calorie-diet.html#ixzz1dMc2ZJI9)

## **Quiz 1: Tips**

1. Eat for Nourishment
2. Eat Plant Based Diet
3. Eat Real Foods
4. Skip Breakfast
5. Plan Meals at the beginning of the week
6. Consider Volumetrics

**Question:** Which tip below is NOT a tip for planning a low calorie diet?

**Answer:** Skip Breakfast

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### Video2: How To Make Stuffed Mushrooms 1:48

These woodland appetizers are the perfect finger food, made with pecans and bread crumbs they can also be enjoyed by everyone, including vegetarians.

#### CODE:

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**URL:** <http://www.howcast.com/videos/491-How-To-Make-Stuffed-Mushrooms>

**CALORIES:** <http://www.acaloriecounter.com/search/mushrooms>

#### Quiz 2: Mushrooms

**Question:** How Many Calories in 1 cup of Mushrooms?

1. 28
2. 43
3. 62

**Answer:** 43

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### Video3: How To Make French Onion Soup, 1:43

This is a savory comfort food that everyone loves

**URL:** <http://www.howcast.com/videos/502-How-To-Make-French-Onion-Soup>

**Calories:** <http://www.fatsecret.com/calories-nutrition/generic/onion-soup-french?dietid=25111>

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alt="How To Make French Onion Soup">How To Make French Onion Soup</a> on Howcast</div>
```

### Quiz 3: French Onion Soup

**Question:** How Many Calories in French Onion Soup?

1. 152
2. 289
3. 369

**Answer:** 369

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### Video4: How to Make the Wedge Salad, 2:35

These popular salads are tasty, easy to make and a favorite for kids big and small. Try this recipe that cuts down on fat and cholesterol, but not flavor.

**URL:** <http://video.about.com/busycooks/How-to-Make-the-Wedge-Salad.htm>

**Calories:** <http://recipes.sparkpeople.com/recipe-calories.asp?recipe=386867>

### Quiz 4: Wedge Salad

**Question:** How Many Calories in a Wedge Salad?

1. 250
2. 320
3. 402

**Answer:** 250

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### **Video5: Seared Salmon with Caramelized Ratatouille, 2:20**

**URL:** <http://www.howcast.com/videos/434767-Seared-Salmon-With-Caramelized-Ratatouille>

**Calories:** [http://www.calorieking.com/foods/calories-in-fresh-fish-salmon-pink-cooked-dry-heat\\_f-ZmlkPTcwNzgz.html](http://www.calorieking.com/foods/calories-in-fresh-fish-salmon-pink-cooked-dry-heat_f-ZmlkPTcwNzgz.html)

**Quiz 5:** Salmon

**Question:**

1. 102
2. 168
3. 256

**Answer:** 168

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### **Video6: How to Make Apple Crumble, 2:42**

A simple but mouth-wateringly delicious recipe, which can be served hot or cold. Delight in our Apple Crumble recipe.

**URL:** <http://www.videojug.com/film/how-to-make-apple-crumble>

**Calories:** <http://www.sparkpeople.com/calories-in.asp?food=apple+crumble>

**Quiz 6:** Apple crumble

**Question:** How Many Calories in an Apple crumble serving?

1. 345
2. 440
3. 520

**Answer:** 345

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### **Video7: How to Make a Mojito Cocktail, 1:45**

Mojito Cocktail. A zesty, minty, lemon-filled explosion - make your taste buds dance with this refreshing thirst-quencher! A popular drink amongst cocktail lovers.

**URL:** <http://www.videojug.com/film/how-to-make-a-mojito-cocktail-2>

**Calories:** <http://www.drinknation.com/drink/mojito>

### **Quiz 7: Mojito**

**Question:** How Many Calories in a Mojito cocktail?

1. 96
2. 138
3. 229

**Answer:** 229

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### **Data1: How to Lose Weight by Calorie Counting**

Minimum Daily Calorie intake

First you need to work out how many calories you need each day to maintain your weight. For women, this averages around 2000, for men around 2500 (more if you are very over weight, very muscular - or very tall!).

To lose weight you need to create a calorie deficit by consuming fewer calories than you burn. If you eat 500 calories less than you need each day you'll lose weight at the rate of one pound a week. If you eat 1,000 calories less than you need each day you'll lose two pounds each week.

Your body will have to turn to its fat stores to make up your calorie deficit. It's recommended that you combine exercise (burning more calories) with healthy eating to create a calorie deficit.

**URL:** <http://www.caloriecounting.co.uk/resources/intro.htm>

### **Quiz 8: Daily Calorie Needs**

**Question:** How many calories do you need each day to maintain your weight?

1. 1200 for Women, 1800 for Men.
2. 2000 for Women, 2500 for Men
3. 2400 for Women, 3000 for Men

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**Answer:** 2000 for Women, 2500 for men

**Data2:** Review

Quiz Questions & Answers

**Question:** Tips for planning a low calorie diet:

1. Eat for Nourishment
2. Eat Plant Based Diet
3. Eat Real Foods
4. Eat Breakfast
5. Plan Meals at the beginning of the week
6. Consider Volumetric

<b>Question:</b> How Many Calories in 1 cup of Mushrooms? <b>Answer:</b>	43
<b>Question:</b> How Many Calories in French Onion Soup? <b>Answer:</b>	369
<b>Question:</b> How Many Calories in a Wedge Salad? <b>Answer:</b>	250
<b>Question:</b> How Many Calories in a Salmon Filet? <b>Answer:</b>	168
<b>Question:</b> How Many Calories in an Apple crumble serving? <b>Answer:</b>	345
<b>Question:</b> How Many Calories in a Mojito cocktail? <b>Answer:</b>	229
<b>Total</b>	<u><u>1,404</u></u>

**Question:** How many calories do you need each day to maintain your weight?

**Answer:** 2000 for Women, 2500 for Men.

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### **Data3: Additional Resources**

**Topic:** Low Calorie Recipes

**URL:** <http://www.bettycrocker.com/recipes/health-and-diet/low-calorie-recipes>

**URL:** <http://allrecipes.com/Recipes/healthy-recipes/low-calorie/main.aspx>

**Topic:** Nutrition and healthy eating

**URL:** <http://www.mayoclinic.com/health/calorie-calculator/NU00598>

**Topic:** Healthy Weight it's not a diet it's a lifestyle

**URL:** <http://www.cdc.gov/healthyweight/calories/index.html>

**Topic:** The Dos and Don'ts of Counting Calories

**URL:** <http://www.webmd.com/diet/features/dos-donts-counting-calories>

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