Watch Your Calories
WATCH YOUR CALORIES

Written by Ian Ellis James
Illustrated and Designed by Bill Davis
Academic Supervisor Dr. Olajide Williams

Funded in part by
Council Member Inez E. Dickens, 9th Council District
Speaker Christine Quinn, and the New York City Council

My Calorie Number is......

1500 1500

C TEAM
PART ONE
"LEARNING"
Balance Calories IN
With Calories OUT.
Extra Calories
Means
Extra Weight.
Hi, Kids!
Welcome to the Watch Your Calories comic book.
I'm the Hip Hop MD.

LOOK! It's the...

Kids, it's the Counter of Calories. The C.O.C., the Calorie Machine, and the C-Team were in the cartoon to remind Brandon and Chauncey that...

C.O.C., Man, (what it be, Man?)
Wanna talk about the need for calories, Man.

Calories are energy—
we get them from our food.
People need calories to grow, live!
Yeah! Let me tell you what it is!

That's right Brandon. And the cartoon made us realize that if you eat high calorie foods with extra sugar and fat, you can go over your DAILY CALORIE NUMBER.

But some foods have more calories than others, like many fast foods.
Right Chauncey and Brandon, when you eat burgers, fries and drink sodas and milkshakes you can easily go over your DAILY CALORIE NUMBER in just one meal. Rap along with the C.O.C. to remind yourself.

Stop right there for a second. Before you super size that number five, check it! See there's a whole lot of stuff in that meal you don't need.

Give you high cholesterol, clog your arteries.

Your heart and your brain scream no!

Have your blood pressure ready to blow (Whoa).
Yo, you don't need all them fries. Extra large milkshake and apple pie.

LOOK! It's Doug E. Fresh!

Hey, Hip Hop MD! Can I help out? Like I helped out in the cartoon.

Hi, Doug E. Fresh! Sure, Doug, I'd love for you to help the kids.

Kids, let's use some of that energy from the calories that you eat. Rap with me, and when you say "HEYYYY", put your hands up.

If you feel good now put your hands up. HEYYY (raise your hands)

If you look good now put your hands up. HEYYY (raise your hands)

If you got energy put your hands up. HEYYY (raise your hands)
Good job, Kids. We also need you to do a good job reading calories on food labels and menus like the Calorie Team did in the cartoon. Here comes the C-Team now.

Can we rap with you and the kids?

You sure can, C-Team! When I say 'healthy' y'all say clean.

Healthy and...

CLEAN!

CLEAN!

When I say 'Calorie', y'all say machine. Calorie...

MACHINE!

Calorie... MACHINE!
When I say ‘healthy’ y’all say clean.

Healthy and...

CLEAN!

CLEAN!

When I say ‘Calorie’ y’all say ‘Team’.
Calorie...

TEAM!

LET ME HEAR YOU SCREAM!

Remember in the cartoon how the C-Team and Calorie Machine showed us that a Super Big burger is 540 calories?

Well, if your DAILY CALORIE NUMBER is 1500 and you eat a Super Big burger, large fries and a large shake at one meal, you have already gone over your daily number by 650 calories.

1500

1500

540

500

540

1500

+2150

EXTRA CALORIES CAN LEAD TO EXTRA WEIGHT!!!!!!
The C-Team showed us that there are other foods at some fast food restaurants like The Burger Surprise that have fewer calories.

For a side, try a salad with light dressing, apple slices or a baked potato instead of fries.

Look out for better choices like grilled chicken sandwiches and wraps.

Can the kids sing with the C-Team, Hip Hop MD?

Good idea, C.O.C. Play the DVD again and sing along.

Remember what I said in the cartoon. We all have our own special daily calorie number. If you eat more than that special daily calorie number and do not exercise, then those extra calories can give you a whole lot of extra weight.

If you're healthy then you'll watch your calories. If you're healthy then you'll watch your calories. If you're healthy and you know it and you're not afraid to show it, then you'll watch your calories.
Yeah, Kids. The Hip Hop MD knows what he’s talking about. So read those calorie labels whenever you see them. They should be next to the food item, at the counter, on the menu or posted on the wall of the restaurant.

They might even be hard to see or find. But by reading them, and adding them up throughout the day, you can keep yourself healthier and other family members, too.

So turn to Part Two and help your family watch their calories just like the C.O.C., the Calorie Machine, and Doug E. Fresh helped you.

Join the C-Team, and help your family watch their calories!
PART TWO
"SHARING"

Today's topic...

CALORIES
Hey, Kids— it's the Hip Hop MD.

And the C.O.C.! Did you know there are lots of calories for you and me to count all over your neighborhood?

GROCERY STORE

In your local corner store, calories are found on the labels of many food items. Show your Mom, Dad, Grandma, Aunt and other family members where they are.

I found one, Mom.

Grandma, milk has 150 calories.

But skim milk has 80 calories, and it's just as good for you.

Remember, calories are energy. We get them from our food.
Doug is right. Hey, Doug.

Hey, Hip Hop MD. Hey, C.O.C. Did you know that there are even more calories to count in your local supermarket?

Well, let's go.

See, at your local supermarket you can find foods with the right kind of calories. Lots of foods give you calories from sugar and fat. You want calories from healthy foods like fruits and vegetables. Whole grain breads, and low-fat or fat-free milk.

Instead of sodas, chips, cookies and cakes.

Calories are Energy

‘GO’ For it!

WHOA! BUTTER LABEL ON SIDE OF BOX

WHOA! POTATO CHIPS LABEL ON BACK OF BAG
Do you remember what the C.O.C. said?

Stop right there for a second. Before you supersize that number five check it! See there’s a whole lot of stuff in that meal you don’t need.

PLAY THE DVD AND RAP ALONG

Give you high cholesterol, clog your arteries. Have your blood pressure ready to blow (Whoa) Your heart and your brain scream no!

Yo, you don’t need all them fries. Extra large milkshake and apple pie.

WHOA!

Super Big Hamburger with Fries and a Milkshake
Now I know how to pick foods that won't make me go over my daily calorie number in one meal.

My number from Hip Hop HEALS is right here, see Grandma?

You need my glasses.

You're wearing them.

You have to balance your calories over breakfast, lunch, dinner, and snacks. Count them throughout the day.

Especially if you go out for fast food or to a coffee shop. Sometimes it's difficult to read the calories on the menu boards.

Look dad, it's right next to the donut, but it's in small print.

At a fast food restaurant it might be behind the person taking your order.

I'll take number three.

Your order?
Aunt Carol, did you read how many calories number three has? Try the grilled chicken and the baked potato. It has fewer calories.

And kids, your calorie number is less than your parents' or grandparents'. Remember, it depends on your age, size, and activity level. Make sure you let them know. You don't really need lots and lots of food. Think about eating smaller portions.

If you're active, your calorie number can be higher. Playing sports and being active makes you burn more calories.

It's easy to go over your daily calorie number because there are lots of fatty, sugary foods or 'Whoa!' foods, at your local corner store, supermarket, or fast food restaurant. Tell 'em, C-Team.

MAKE SURE YOU FUEL YOUR BODY WITH ENOUGH CALORIES IF YOU'RE VERY ACTIVE!
If you’re healthy then you’ll watch your calories.
If you’re healthy and you know it
and you’re not afraid to show it
If you’re healthy then you’ll watch your calories.

Remember kids, we all have our own daily calorie number.

Ask your parents if they know their calorie number.

If you eat more than that special daily calorie number and do not exercise, then those extra calories can give you a whole lot of extra weight.

Let’s go to Part III because there are lots of fun things to do now that you and your family members know about calories, your daily calorie number, and how to pick good, healthy foods that are low in calories from fats and sugars.
Come on, kids, C-Team! The Hip Hop MD needs us out there in the neighborhood!

I'm with you, C.O.C.!

Let's bounce!
Calorie labels are EVERYWHERE! On the side or back of food items, and on menu boards at restaurants near or next to the food you order. Right, Hip Hop MD?

Right, Doug. So kids, let's see if you and your parents, grandparents or caregiver can locate where the calories are posted BELOW, and then CIRCLE as many as you can find. I'll give you a hint, there are at least 20! Find the calories so you can WATCH your calories.

### Not Your Mama's Chicken

#### Individual Meals

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Pc. Breast</td>
<td>7.29</td>
</tr>
<tr>
<td>2 Pc. Drumstick &amp; Thigh</td>
<td>8.59</td>
</tr>
<tr>
<td>2 Pc. Breast &amp; Wing</td>
<td>8.59</td>
</tr>
</tbody>
</table>

### Specialty Pizza

<table>
<thead>
<tr>
<th>Cheese</th>
<th>Calories Per Slice</th>
<th>Whole Pizza</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGGIE</td>
<td>180-220</td>
<td>1600</td>
</tr>
<tr>
<td>PEPPERONI</td>
<td>210-260</td>
<td>1500</td>
</tr>
<tr>
<td>SAUSAGE</td>
<td>220-270</td>
<td>1700</td>
</tr>
</tbody>
</table>

*Pick your own crust: Thin & Crispy, Hand Tossed, or Deep Dish*

### Signature Sides

<table>
<thead>
<tr>
<th>Side</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Mashed Potatoes with Cajun Gravy</td>
<td>270</td>
</tr>
<tr>
<td>2 Corn</td>
<td>190</td>
</tr>
<tr>
<td>3 Mac &amp; Cheese</td>
<td>370</td>
</tr>
<tr>
<td>4 Biscuits</td>
<td>240</td>
</tr>
</tbody>
</table>

**100% Juice**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th>Serving Size 8 fl oz (240 mL) Servings Per Container 8</th>
<th>Calories 130</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories from Fat 0</td>
<td>Total Fat 0</td>
<td>0%</td>
</tr>
</tbody>
</table>
Hey, kids... in this activity you and your parents or caregiver get to build a meal for your dinner. First, you need to fill in your daily calorie number in the space below.

Pick one of the numbers from your daily calorie range or something in between.

You and your parents or caregiver need to subtract your daily number from the total calories of the breakfast and lunch provided for you.

You and your parent can work together to pick a dinner from the menu on the next page so that you eat NO MORE THAN YOUR DAILY CALORIE NUMBER for the day.

### FIRST

**Breakfast:**
- (300 cal)

**Lunch:**
- (500 cal)

**SUBTRACT BREAKFAST + LUNCH**
- 300
- + 500
- **MINUS (800 CALORIES)**

### NEXT

Write what you picked for dinner, including calories. Make sure it does not go over your daily calorie number.

### THIRD

**EXAMPLE**

<table>
<thead>
<tr>
<th>DAILY CAL NUMBER</th>
<th>BREAKFAST + LUNCH</th>
<th>AVAILABLE FOR DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>1400</td>
<td>800</td>
<td>600</td>
</tr>
</tbody>
</table>

SO PICK A MEAL THAT ADDS UP TO 600 CALORIES.

SO YOU DON'T EAT MORE THAN YOUR DAILY CALORIE NUMBER OF 1400.
HOT’N JUICY CHEESEBURGERS

1. 1/4 lb. * SINGLE with Cheese
   COMBO $7.09
   BURGER $4.49
   540-1090 cal
   520-590 cal

2. 1/2 lb. * DOUBLE with Cheese
   COMBO $7.69
   BURGER $5.69
   760-1300 cal
   730-810 cal

3. 3/4 lb. * TRIPLE with Cheese
   COMBO $8.29
   BURGER $6.49
   1010-1560 cal
   990-1060 cal

ADD BACON FOR JUST 90¢

4. BACON DELUXE 1/2 lb. * Double (8 oz.)
   COMBO $8.49
   BURGER $6.49
   920-1450 cal
   890-960 cal

Add a side and a drink to complete your combo.

Drinks

<table>
<thead>
<tr>
<th>Calories</th>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>200</td>
<td>Lemonade</td>
<td>.99</td>
</tr>
<tr>
<td>130</td>
<td>Chocolate Milk</td>
<td>$1.89</td>
</tr>
<tr>
<td>100</td>
<td>Juice</td>
<td>$1.39</td>
</tr>
<tr>
<td>140</td>
<td>16 oz. Reg. Soda</td>
<td>$1.39</td>
</tr>
<tr>
<td>0</td>
<td>Water</td>
<td>$1.39</td>
</tr>
</tbody>
</table>
Check the GO, SLOW, or WHOA foods you circled with some of the GO, SLOW, or WHOA foods on this page to see how well you did.

**GO Foods**
- Eat Almost Anytime
- LOW in Calories
- HIGH in Vitamins and Minerals
Examples: fresh fruit, fresh vegetables, salads

**SLOW Foods**
- Eat Sometimes
- MORE Calories
- HIGH in Vitamins and Minerals
Examples: SUBWAY sandwich, pinkberry yogurt, Hamburger, 100% juice

**WHOA Foods**
- Eat Once in a While
- HIGH in Calories, Fat and Sugar
- LOW in Vitamins and Minerals
Examples: Big Mac, Fried Chicken, Soda, Candy and Pastries

<table>
<thead>
<tr>
<th>Food Group</th>
<th>GO (Almost Anytime Foods)</th>
<th>SLOW (Sometimes Foods)</th>
<th>WHOA (Once in a While Foods)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrient Dense</td>
<td>Almost all fresh, frozen and canned vegetables without added fats and sauces.</td>
<td>All vegetables with added fat like cheese, cream and sauces; oven baked vegetables like oven fries and baked plantains</td>
<td>Fried potatoes, like French fries or hash browns; other deep-fried vegetables</td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
<td>100% fruit juice; canned fruit in light syrup; dried fruits</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>All fresh, frozen, or canned fruit without syrup or added sugar</td>
<td>White breads; rice, pasta; tortillas; taco shells; cornbread; biscuits; unsweetened corn and rice cereal; granola; waffles and pancakes</td>
<td>Fruits canned in heavy syrup; candied fruits</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>Whole grain breads, pita and tortillas; brown rice; hot or cold unsweetened whole grain breakfast cereal</td>
<td></td>
<td>Croissants; muffins; doughnuts; sweet rolls; butter crackers; sweetened breakfast cereals</td>
</tr>
<tr>
<td>Milk and Foods Made with Milk</td>
<td>Fat-free or 1% low-fat milk, yogurt, cheese and cottage cheese</td>
<td>2% low-fat milk, yogurt, cheese, and cottage cheese</td>
<td>Regular or Whole milk, yogurt, cheese, cottage cheese, and cream cheese</td>
</tr>
<tr>
<td>Meats, Poultry, Fish, Eggs, Beans and Nuts (proteins)</td>
<td>Trimmerd beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed or grilled fish and shellfish; beans, peas, tofu; egg whites and egg substitutes</td>
<td>Lean ground beef and hamburgers; Canadian bacon, ham, low-fat hot dogs; chicken or turkey with skin; nuts and nut butters; whole eggs cooked without fat</td>
<td>Untrimmed beef and pork; regular ground beef; bacon; rib; fried chicken, nuggets; fried fish and shellfish; lunch meat, pepperoni, sausage and hot dogs; whole eggs cooked in fat</td>
</tr>
<tr>
<td>Sweets and Snacks</td>
<td></td>
<td>Frozen fruit juice bars; low-fat or fat-free frozen yogurt or ice cream; fig bars, ginger snaps, baked chips; low-fat popcorn</td>
<td>Cookies, cakes and pies; cheese cake; ice cream; candy and chocolates; chips and buttered popcorn</td>
</tr>
<tr>
<td>Fats or Condiments-Butter, Ketchup and Other Stuff that Goes on Food</td>
<td>Vegetable oil, olive oil, oil-based salad dressing; soft margarine; low-fat sour cream, mayonnaise, and creamy salad dressing; ketchup</td>
<td></td>
<td>Butter, stick margarine; lard; pork; gray; regular sour cream, mayonnaise; creamy dressings; cream sauce; cheese sauce; cream cheese dips</td>
</tr>
<tr>
<td>Drinks</td>
<td>Water, fat-free or 1% low-fat milk</td>
<td>2% low-fat milk; 100% fruit juice; sports drinks</td>
<td>Whole milk; soda; sweetened iced teas and lemonade; fruit drinks with less than 100% fruit juice</td>
</tr>
</tbody>
</table>

Page 22
Hey, kids... now it's time for you and your parents or caregiver to list what you ate for breakfast, lunch and dinner. List them right now in Column One.

Now next to the foods you listed, in Column Two, decide if they are a GO FOOD, (almost anytime foods), a SLOW FOOD (sometimes foods), or a WHOA FOOD (once in a while foods). See the next page for explanations and examples.

<table>
<thead>
<tr>
<th>COLUMN ONE</th>
<th>COLUMN TWO</th>
</tr>
</thead>
<tbody>
<tr>
<td>WRITE DOWN THE FOODS YOU ATE</td>
<td>CIRCLE GO, SLOW, or WHOA</td>
</tr>
<tr>
<td>FOR BREAKFAST</td>
<td>GO - SLOW - WHOA</td>
</tr>
<tr>
<td>1.________________________________</td>
<td></td>
</tr>
<tr>
<td>2.________________________________</td>
<td></td>
</tr>
<tr>
<td>3.________________________________</td>
<td></td>
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<tr>
<td>4.________________________________</td>
<td></td>
</tr>
<tr>
<td>5.________________________________</td>
<td></td>
</tr>
<tr>
<td>FOR LUNCH</td>
<td>GO - SLOW - WHOA</td>
</tr>
<tr>
<td>1.________________________________</td>
<td></td>
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<tr>
<td>2.________________________________</td>
<td></td>
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<tr>
<td>3.________________________________</td>
<td></td>
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<tr>
<td>4.________________________________</td>
<td></td>
</tr>
<tr>
<td>5.________________________________</td>
<td></td>
</tr>
<tr>
<td>FOR DINNER</td>
<td>GO - SLOW - WHOA</td>
</tr>
<tr>
<td>1.________________________________</td>
<td></td>
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<tr>
<td>2.________________________________</td>
<td></td>
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<tr>
<td>3.________________________________</td>
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<tr>
<td>4.________________________________</td>
<td></td>
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<tr>
<td>5.________________________________</td>
<td></td>
</tr>
</tbody>
</table>
Thanks to

Olajide Williams, MD, MS - Founder and Director
Vanessa Sawyer, MS, RD - Senior Project Manager
Easy AD, Cold Crush Brothers
Artie Green, Music Director
Doug E. Fresh

Thanks for participating in the Hip Hop HEALS Program. We hope you enjoyed our in-school presentation, our hip hop music and our cool comic book.

And a big thanks for singing along, getting up and dancing, raising your hand and being involved. You’re part of the C Team now, so remember to watch your calories and help others watch theirs!

For more information, email us at hiphophealsnyc@aol.com. Don’t forget to visit our website at: hiphoppublichealth.org. It’s a great place for you and your parents to hear more music, watch some videos, play games, and for your parents to get their own daily calorie number.