

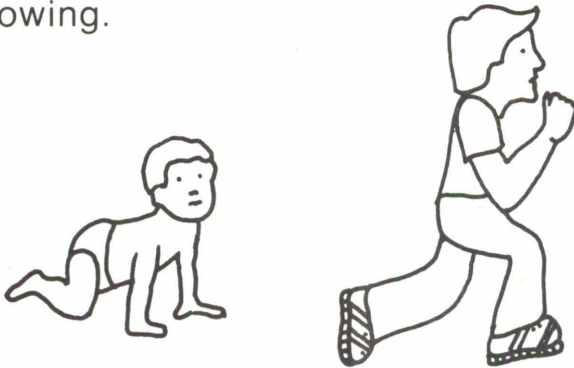


CALORIES

WHAT IS A CALORIE?

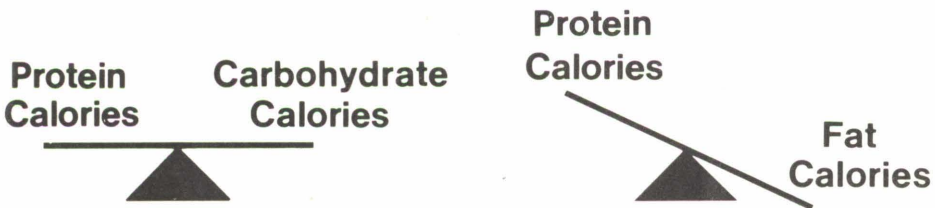
It is a measure of the energy that food produces. Like gasoline runs a car, the energy from food runs your body.

How much energy you need depends on your size, your physical activities, and whether you are growing.



WHERE ARE CALORIES IN FOOD?

The protein, fat, and carbohydrate (starch and sugar) in foods give the calories. Protein and carbohydrates supply about the same calories. But fat has more than two times the calories of protein or carbohydrate.



For example: 1 cup of milk contains the same amount of protein and fat, but the fat gives 77 calories, and the protein gives only 35 calories.

WHAT HAPPENS IF YOU EAT TOO MANY CALORIES?

If you eat too many calories they are stored in the body as fat. You gain weight, and your body changes shape.

Infants who overeat may get into the habit of overeating. As a child or adult, this habit may make him or her continue to overeat and gain weight.



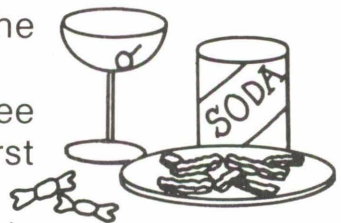
IF YOU EAT FEWER CALORIES THAN YOUR BODY NEEDS, YOU WILL LOSE WEIGHT.

A pregnant woman who doesn't eat enough calories from nutritious foods will not gain the necessary 24–28 pounds. This could result in a very small baby, a baby born before he or she is ready, stillbirth or miscarriage.

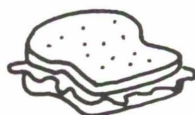
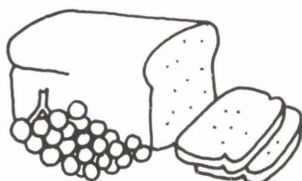
An infant or child that doesn't get enough calories may tire quickly and not have enough energy to learn about the world.

HOW DO YOU KNOW HOW MANY CALORIES ARE IN FOOD?

- Look at nutrition labels for the number of calories.
- Look at the ingredient list to see if sugar or fat is one of the first ingredients.
- High calorie, low nutrient foods are oily, greasy, gooey, sweet, sticky, or alcoholic.



- Foods that are low in calories contain a lot of water or air.
- Foods that are high in nutrients and low in calories are vegetables, fruits, juices, bread, and low fat dairy products.
- Also, the amount of a food that you eat will determine how many calories you get.



= 290 calories



= 145 calories

REMEMBER:

Everyone needs calories. Infants, young children, teenagers, and pregnant and nursing women must get enough calories and nutrients for proper growth. Eating so many calories that you get fat is not good for your health. Choose foods that are high in nutrients and contain enough calories for proper weight.

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