LEARN ABOUT CALORIES

Understanding calories can help you choose foods that will give you energy, while also providing you with all of the nutrients you need to stay healthy!
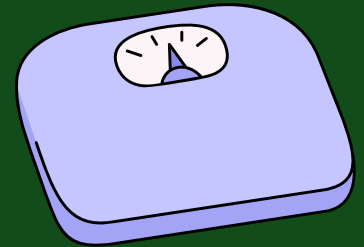
What are Calories?

Calories are the **energy** found in what we eat and drink. The amount of calories our bodies need depends on your age, weight, height, and physical activity.

Weight Loss

It is likely that you will lose weight if you use more calories than you eat and drink. Your body will use stored fat for energy.

Make Your Calories Count

Fill your diet with foods that are low in calories and **high in fiber and water**. These will help you feel fuller and provide the health benefits of vitamins, minerals and other beneficial nutrients.
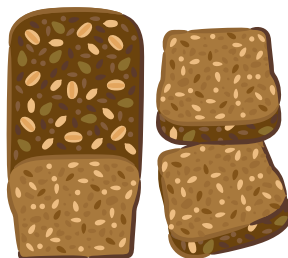
For a healthy diet that will give you energy, try…

Vegetables

Nuts

Whole Grains

Fruits

Lean Proteins