NUTRITION FACTS

COUNTING CALORIES

CALORIES

CALORIES REPRESENT THE AMOUNT OF ENERGY THAT IS FOUND IN FOOD. PAY ATTENTION TO HOW MANY CALORIES YOU ARE CONSUMING AND WHERE THOSE CALORIES ARE COMING FROM BY READING THE NUTRITIONAL LABELS ON THE FOOD YOU EAT.

SCORE: 4.184 KILOJOULES OF ENERGY / CALORIE SOURCE: NUTRIENTS (PROTEIN, FAT, CARBS, ALCOHOL)

MACRONUTRIENTS

PROTEIN

PROTEIN HELPS BUILD & REPAIR MUSCLE TISSUE SO THAT YOU CAN STAY LEAN AND STRONG. ITS PLAYS AN IMPORTANT ROLE IN KEEPING YOUR BODY GROWING AND YOUR IMMUNE SYSTEM STRONG. IT CAN ALSO BE USED AS A SOURCE OF ENERGY.

SCORE: 4 CALORIES / GRAM FOUND IN: MEATS, FISH, POULTRY, DAIRY PRODUCTS, NUTS, LEGUMES

FATS

THERE ARE THREE MAIN TYPES OF FATS: UNSATURATED, SATURATED, AND TRANS. ALTHOUGH SATURATED AND TRANS FATS ARE BAD FOR YOU, UNSATURATED FATS CAN HELP PREVENT HEART DISEASE. BE SURE TO READ NUTRITIONAL LABELS!

SCORE: 9 CALORIES / GRAM FOUND IN: (UNSATURATED) OLIVE & CANOLA OIL, NUTS, AVOCADOS

CARBOHYDRATES

CARBS ARE YOUR BODY'S MAIN SOURCE OF ENERGY. SIMPLE CARBS (LIKE SUGAR) BURN UP FAST WHEREAS COMPLEX CARBS (LIKE STARCHES) BURN SLOWER OVER TIME. BE SURE TO BALANCE YOUR CARB CONSUMPTION WITH AN ACTIVE LIFESTYLE.

SCORE: 4 CALORIES / GRAM FOUND IN: FRUITS, VEGETABLES, GRAIN PRODUCTS

DAILY FOOD SERVINGS

AGE	SEX	FRUITS / VEGETABLES	GRAIN PRODUCTS	MILK & ALTERNATIVES	MEAT & ALTERNATIVES
8-13		6	6	3-4	1-2
		6	6	3-4	1-2
14-18		8	7	3-4	3
		7	6	3-4	2

STAYING HYDRATED IS IMPORTANT!

USE THE COLOR OF YOUR URINE AS A REFERENCE TO MAKE SURE THAT YOU ARE STAYING PROPERLY HYDRATED

HYDRATED DEHYDRATED SEVERELY DEHYDRATED

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