

Good Calories Vs. Empty Calories

- **Calorie:** a unit of food energy, found in all different kinds of food.
 - Some foods have more calories than others and some foods have higher quality calories than others.
 - Your body needs calories for energy to do all of your daily activities.
- **Empty calories:** calories with no nutritional value and don't supply good energy for your body.
 - These calories are found in processed foods that are calorie dense instead of nutrient dense.
 - Empty calories come from solid fats and/or added sugar.
 - Since empty calories lack appropriate nutrients, you are left feeling hungrier and less satisfied when you eat foods that contain empty calories

Examples of Food with Empty Calories:

- Cookies
- Soda
- Ice cream
- Pizza
- Bacon
- Cake
- Donuts



Examples of Nutrient-Dense Calories:

- Fresh fruit
- Vegetables
- Eggs
- Oatmeal
- Lean cuts of meat



- Try and limit the amount of empty calories you eat each day, and instead try and eat *good calories*.
 - Good calories are much more nutrient dense than empty calories and provide more energy for your body.
 - Nutrient to calorie ratio is far greater in foods with good calories versus empty calories.
 - You are able to eat fewer calories throughout the day but still have substance in your diet and feel full longer.
- **Empty calorie:** A piece of white bread - 80 calories, 100 micrograms Vitamin E
- **Nutrient dense:** A piece of whole wheat bread - 80 calories, 250-500 micrograms Vitamin E

