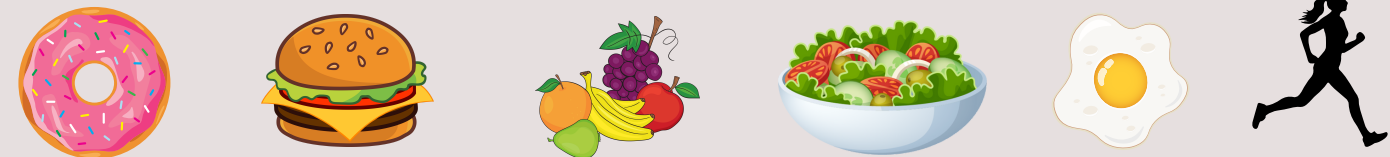


UNDERSTANDING CALORIES: A GUIDE TO ENERGY FROM FOODS

Calories (or kilocalories) are the measurement of energy that our bodies use for fuel. Each ingredient serves a different purpose, which we need for optimizing energy, healing, disease prevention, and maintaining bodily processes.

CALORIES MEASURE THE ENERGY IN FOOD

The amount of calories in food tells us the amount of energy that food will provide our body. They come from macronutrients: carbohydrates, fats, and protein.



Calories per 1 gram of each macronutrient

CARBS-	   	4 cal/g
PROTEIN-	   	4 cal/g
FAT-	        	9 cal/g
ALCOHOL-	       	7 cal/g (NOT A MACRO)



CARBS

Carbohydrates are found in sugars, starches, and fiber. Carbohydrates give us energy. The body converts them into glucose (sugar) to fuel the brain, muscles, and other body systems. Found in foods like sweets, fruits, fruit juices, and starchy veggies like potatoes, corn, beans, and peas.

PROTEIN

Protein, also known as Amino Acids, is found in both plant and animal sources. Protein supports muscle growth, facilitates cartilage formation, and maintains fluid balance. Protein is found in foods like poultry, eggs, pork, beef, seafood, dairy products, legumes, seeds, and grains.

FAT

There are various different types of fats, some healthier than others. Fats have critical bodily functions, such as energy storage, hormone production, and contribute to cell structure. Some common sources of fat include oils, butter, high-fat meats, cheese, and nuts.

What can help determine your daily caloric needs

