



## Do You Know About Calories?

The amount of Calories in food is a measure of how much energy is stored in that food. We all need to consume Calories every day to provide fuel for our bodies. The amount of Calories a person needs depends on things like age, height and weight. The trick is making sure you get enough Calories, but not more than you need. When you consume more Calories than your body needs, it is stored as fat. Getting too many Calories can happen if you eat too much, if you're not active enough, or both! This is why Lift-Off! always reminds you to stay active and watch how much food you eat.

### Here are some more amazing facts about Calories...

- One Calorie equals the amount of energy it takes to raise the temperature of 2.2 pounds of water by 33.8°F!
- Different kinds of food have different amounts of calories. That's why a small piece of candy can actually have more Calories than a larger amount of fresh fruit or vegetables!
- Calories can come from fat, protein or carbohydrates
- Everything you do requires calories! Just like a TV needs electricity to work, you need energy to move, grow and even think!
- The average chocolate donut has twice as many Calories as a large apple!

**So how many calories should you get each day? Ask a parent or guardian for permission to go online and then go to [MyPyramid.gov](http://MyPyramid.gov) and click on MyPyramid Plan!**

### Check out how many Calories are in 3.5 ounce portions of different foods:

Butter	717 Calories
Dry Roasted Peanuts	585 Calories
Sugar Cookies	478 Calories
Cheddar Cheese	403 Calories
Cake with Vanilla Frosting	373 Calories
American Cheese	328 Calories
Rye Bread	259 Calories
Roasted Chicken (No Skin)	167 Calories
Scrambled Eggs	166 Calories
Cod	105 Calories
Baked Sweet Potato	103 Calories
Orange	63 Calories
Raw Carrot	43 Calories
Spinach	22 Calories
Lettuce (Romaine)	14 Calories
Water	0 Calories