

CALORIES

- The calorie is the unit of measurement used to express the potential energy of food we eat and drink.
- When you eat or drink, the body produces energy from the food or drink.
- Middle school students should consume 1800-2500 calories per day based upon your energy needs (activity level).
- 3500 calories = 1 pound of added body weight
- 9 calories produced per gram of fat
- 4 calories produced per gram of carbohydrate
- 4 calories produced per gram of protein