

Health In Progress

Lesson 9

Empty Calories



QUESTION 9:

TRUE OR FALSE

An "empty calorie food" provides energy (calories) but not much else of nutritional value.

ANSWER: True

1. **The purpose of eating is to provide nourishment** which is necessary to:
 - a. Help us to grow when we are young
 - b. **Give us energy**
 - c. Keep our body parts healthy.

2. **Energy is measured in calories** and can come from three major food components:
 - a. **Carbohydrates** - sugar, grains, vegetables, and fruits.
 - b. **Fat** - butter, margarine and vegetable oils.
 - c. **Protein** - "milk" and "meat" (includes also poultry, fish, beans, peas, nuts, seeds and eggs) portions of the food pyramid.

Any extra protein, carbohydrate, or fat we consume will be stored as fat in our bodies.

3. **A food that provides mostly calories, with little else, can be considered an "empty calorie" food.** Some examples of "empty calorie foods" include: candy, soda, chips, some cookies, cakes, doughnuts, and french fries.

4. **Most foods alone will not provide total nutrition. It is important to eat a variety of foods every day.** A well balanced diet consists of appropriate amounts of the following:
 - a. **Energy** - in the form of "calories"
 - b. **Protein** - the primary component of our muscles.
 - c. **Vitamins** - necessary in small amounts, and function in many different ways. We obtain different types of vitamins from different food groups.
 - d. **Essential fatty acids** - obtained from seeds, nuts, grains and legumes (peanuts, soybeans)
 - e. **Minerals** - chemical elements we need (but cannot make on our own) like iron or calcium.
 - f. **Fiber** - abundant in non-starchy vegetables, fruits, whole grains, legumes and nuts and green leafy vegetables.
 - g. **Water** - absolutely essential structural and regulatory component of our body.