Healthy Calories VS Empty Calories

When we eat, we consume **calories**. A calorie is the **amount of energy in food** — the **more calories** in the food we eat, the **more energy** our bodies take in.

Our bodies **burn calories** all the time, especially when we're **active**. Calories that we don't burn through **physical activity** are stored as **fat**.

How many calories does your body burn in 30 minutes?

Sitting = 40 calories burned

Walking = 125 calories burned

Swimming = 300 calories burned

Junk foods like soda and chips are filled with **empty calories** that don't have the nutrition our bodies need.

Healthy Choices

🍎 + PEANUT BUTTER + 🥛 = **250** HEALTHY calories

Unhealthy Choices

Corn Chips + FIZZY ORANGE = **700** EMPTY calories

If you regularly take in more calories than you burn off, your body is likely to gain weight.