

# 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?



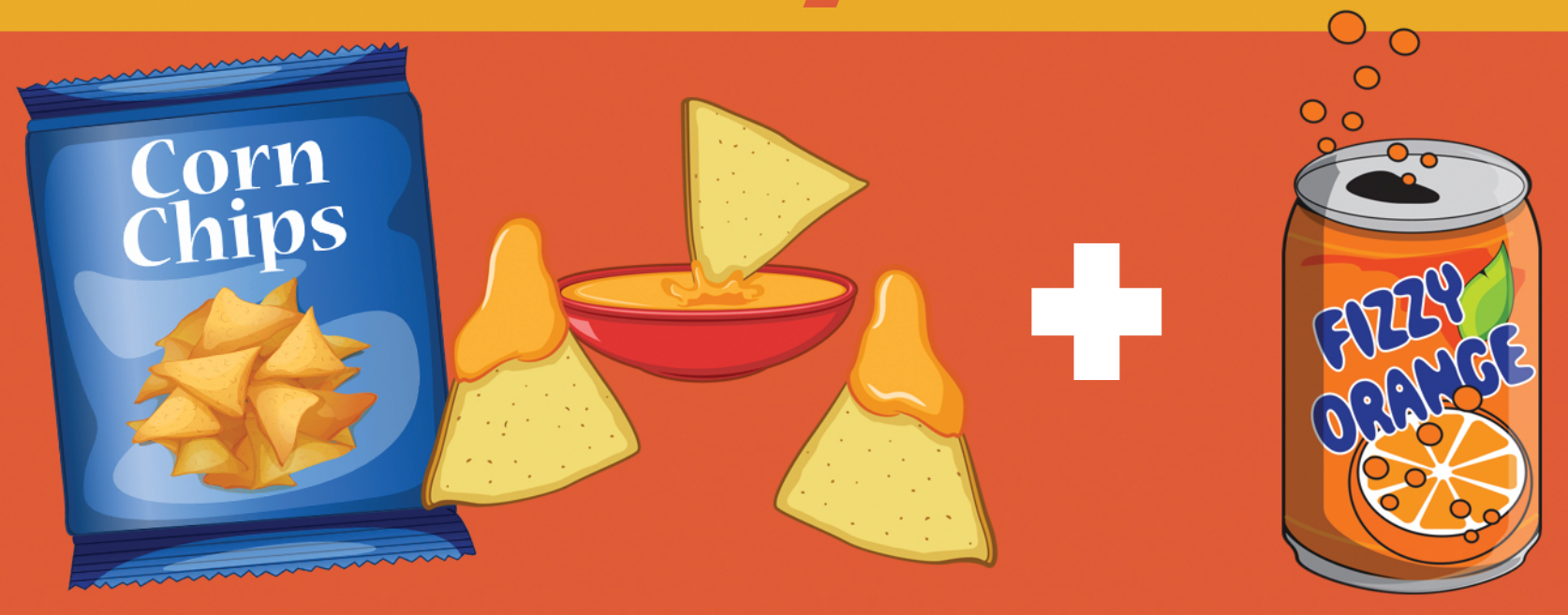
**Junk foods** like soda and chips are filled with **empty calories** that don't have the nutrition our bodies need.

## Healthy Choices



**= 250 HEALTHY calories**

## Unhealthy Choices



**= 700 EMPTY calories**

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