

Healthy Eating

Calories are the fuel your body needs to work and play. A calorie is a unit of heat used to indicate the amount of energy that foods will produce in the human body. The amount of energy you need depends on how much fuel your body is using. If you are sitting around your house watching TV, your body does not need a lot of fuel. If you are playing in a soccer tournament on the weekend, your body will need a large amount of fuel. We all need a certain number of calories just to keep our bodies functioning. If we eat more calories than we use up, those extra calories are stored in the body.

How excess food energy is stored

- Carbs are stored as glycogen and/or body fat.
- Fat and Protein are stored as body fat.

The best approach to eating is to aim for a balance at every meal. Balance means that you should eat healthy meals and snacks, be aware of portion sizes when you eat, and aim for at least 60 minutes a day of moderate to vigorous physical activity. For more information you can go to: <http://kidshealth.org/en/teens/equal-calories.html?ref=search>.

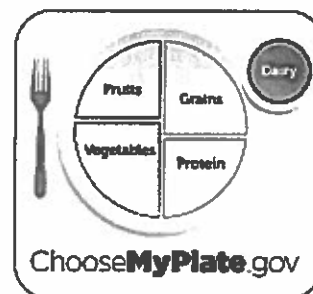
MyPlate is designed to help people make smart food choices and keep their meals balanced.

The plate graphic, with its different food groups, is a reminder of what, and how much, we should be eating to stay healthy. The

MyPlate guidelines include:

- Make half your plate fruits and veggies.
- Eat lean protein.
- Switch to whole grains.
- Don't forget the dairy.
- Avoid extra fat.
- Take your time when eating.

<http://www.choosemyplate.gov/>



Junk Food

What makes a food healthy or unhealthy depends on how many nutrients it provides relative to how many calories it contains. Junk food has little to no nutritional value. As long as most of your meals are high in nutritional value and you are physically active every day, eating junk food every now and then should not be a problem. Remember: Everything in moderation.

Is Snacking Bad?

Snacking isn't bad if done right. Snacking can increase your nutrient intake and help you stay fueled and ready to play. Eating smaller amounts of food (with good nutritional value) throughout the day versus 3 large meals a day can actually be better for your **metabolism**, the process of converting the food you eat into energy.

Breakfast Is Important! When you wake up in the morning, you haven't eaten for 10 to 12 hours! You need glucose (energy) for your brain to function! When you do not eat breakfast, you will feel tired and have trouble concentrating in school or at work.

Check for Understanding

- What is a calorie?

- Why is it important to eat breakfast?

- Name three suggestions from the MyPlate eating plan.

- What is the difference between junk food and healthy food?

Coach's Reflection: