

Supercharge Your Body: The Science Behind Smart Eating



The food you eat makes a difference in your metabolism, which is how your body turns food into energy.

You might love to hang out with your friends. You might also love playing video games or learning guitar. Whatever you love to do, you need energy. Metabolism is the way in which food is turned into energy so that you do the things you love.

When you eat, the metabolic process begins. If you put junk food into your body, you might get a quick burst of energy. But junk food doesn't have the important stuff that your body needs—the vitamins, minerals, and fiber that your body needs. Without these nutrients, your metabolism can't build strong bones, keep a healthy heart, or keep your brain sharp. Too much junk food can cause problems down the line, like feeling tired all the time or getting sick more often.

On the other hand, colorful fruits and veggies, whole grains, and proteins are like high-quality fuel for your body. These foods are packed with the nutrients that help your metabolism work its best.

Imagine having endless energy to play sports, focus in class, and hang out with your friends without getting tired. By choosing nutritious foods, you're not only fueling your body but also giving your metabolism the tools it needs for a healthy and energetic future. So next time you're hungry, think about what your body needs and reach for a healthy snack instead of junk food.

