

# Eating for Energy





Good food choices  
give your body  
lots of energy.

## Healthful Eating

Food provides energy for everything you do, from using a computer to playing sports. Nutrition is the science that studies how bodies use food. Everyone has different nutritional needs because everyone needs different amounts of energy.

Food energy is measured in calories. One calorie is the amount of energy needed to raise the temperature of 1 gram of water 1 degree. Fruits, vegetables, and grains are good sources of calories.

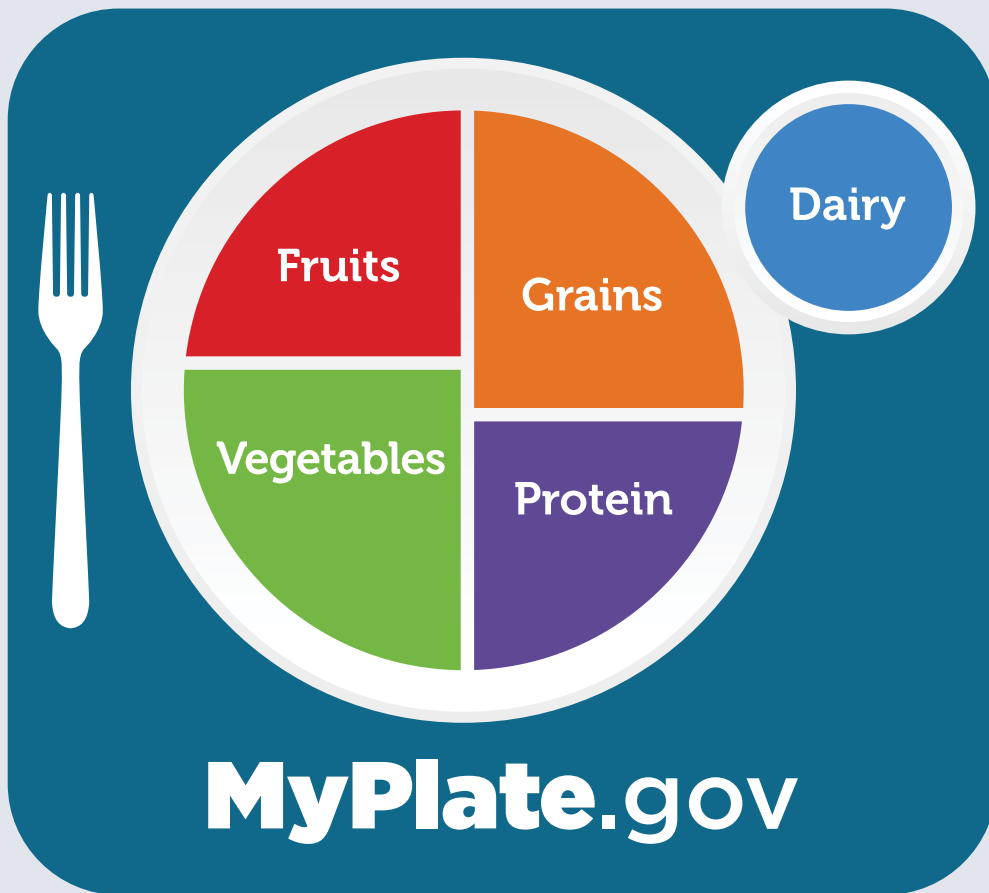
You can create a nutritious diet by choosing and preparing your food wisely. Bananas provide better nutrition than candy. That's because candy gives you quick energy, but that energy soon fades. Baked potatoes also provide better nutrition than fried potatoes. That's because fried potatoes add fat to your diet.

### Key Notes:

What is healthful eating?

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MyPlate illustrates the distribution of food a person should eat daily.

## MyPlate

People who study how bodies use food are called nutritionists. Nutritionists divide food into five main groups. A healthful diet has a balance of food from all five groups.

The five food groups are grains, vegetables, fruits, dairy products, and meat and beans. Your body also needs fats, but only in small amounts.

MyPlate shows what kinds of foods make up a balanced diet. Using MyPlate helps you choose the right amounts of food from each group and reminds you that exercise is also important for health.

A healthful diet helps keep you fit. It gives you the energy you need to perform well in school and in sports, and it helps you enjoy spending time with friends.

### Key Notes:

What is MyPlate?

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The nutrition of one serving of food is shown on a label.

## Nutrition Labels

Nutrition labels tell us how a food meets our nutritional needs. They list the amounts of nutrients that are in one serving of a food, including carbohydrates and fats. Nutrition labels also list how much of each nutrient you need everyday. This number is listed as a percent of the total number of calories many people eat in a day.

Nutrition labels can help you choose healthful foods. They can show you that eating pasta is a better choice than eating potato chips. That’s because pasta’s carbohydrate give you energy that lasts longer.

The next time you buy food, even a snack, read the nutrition label. It can help you choose a food that can keep you healthy and strong.

### Key Notes:

What do nutrition labels show?

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Fruits and vegetables  
contain Vitamin C.

## Vitamins and Minerals

Two kinds of nutrients you get from food are vitamins and minerals. Vitamins help your body change food into energy and build strength. Vitamin A is needed for healthy skin and strong bones. Vitamin B12 helps your body form new red blood cells. Vitamin C is important for good teeth and helps fight colds.

Minerals help you grow and stay healthy. They build strong bones and teeth and keep your muscles and nerves healthy. Iron is a mineral that helps oxygen get to your red blood cells. The mineral copper helps your body use iron.

Your body works hard all day. You can keep it working well by eating right to get the vitamins and minerals you need.

### Key Notes:

What are vitamins and minerals?

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