

When the calories you consume is EQUAL to the calories you burn, then your body is in balance!

Foods higher in unhealthy fats, salt, & added sugar are typically higher in calories which can make your body out of balance.

Which food has more calories?



apple  
(GO FOOD)



apple pie  
(WHOA FOOD)

When the calories you consume is MORE THAN the calories you burn, this might lead to weight gain.

When the calories you consume is LESS THAN the calories you burn, this might lead to weight loss or feeling a lack energy to do activities in your day.

# ENERGY BALANCE

See how much exercise it takes to burn off calories, by matching the calories consumed to the calories burned.

<u>Calories Consumed</u>		<u>Calories Burned</u>	
Food	Calories	Time Spent Walking	Calories
skim milk	70	11 minutes	50
whole chocolate milk	200	15 minutes	70
fresh apple	100	19 minutes	90
2 eggs	90	22 minutes	100
bacon	400	35 minutes	160
oatmeal	160	43 minutes	200
oatmeal cookies	250	54 minutes	250
green beans	50	1 hours 27 min	400

---

In addition to calories, your body needs nutrients from foods to keep your body working properly. GO foods give us healthy energy because they are high in nutrients. Which foods above are GO foods?

# RECIPE Personal Pizza

foodhero.org/recipes/my-personal-pizza

## Ingredients

- 1/2 **English Muffin**, whole grain
- 1/2 TBSP spaghetti **sauce**
- 1 TBSP grated **cheese**
- 4 TBSP chopped **vegetables**

## Directions

1. Preheat oven to 400° Fahrenheit
2. Lightly toast English muffin
3. Spread sauce on top. Add cheese & pizza toppings of your choice.
4. Bake 5-7 minutes until lightly brown & the cheese is melted.
5. Cool before eating.

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1/2 muffin (122g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>

Watch us make this recipe at [stlawrence.cce.cornell.edu](http://stlawrence.cce.cornell.edu)



Connect with us & find your local office at: [snapedny.org](http://snapedny.org)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about SNAP benefits, contact **1-800-342-3009** or visit [mybenefits.ny.gov](http://mybenefits.ny.gov)



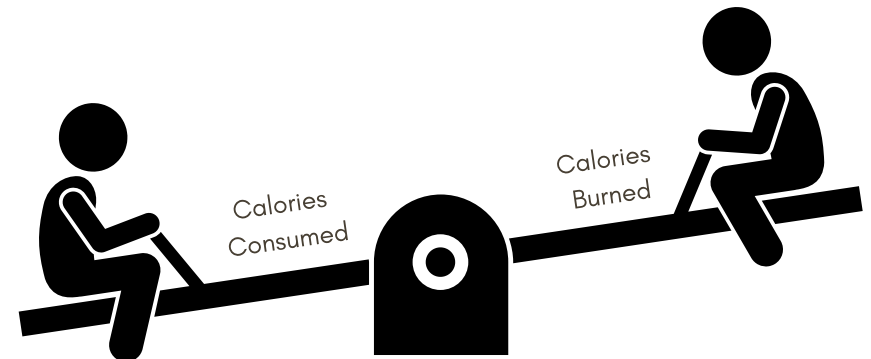
**Cornell Cooperative Extension**

This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP. This institution is an equal opportunity provider and employer.

# SNAP-ee!

## Energy Balance

What is a **calorie**?  
Calories are food energy!



You **consume calories** when you eat food or drink beverages.

You **burn calories** when you move your body like physical activity