

FUEL BALANCE

In order to get and keep a healthy level of physical fitness, you have to practice exercise at a specific intensity and frequency. Eating the right foods can help you to have the energy to exercise and reach a healthy level of physical fitness. Food is our fuel. Fuel is energy. The more you move, the more energy you use and the more fuel that you need. Just like a car won't run on an empty gas tank, your body won't move without food fueling it.

The energy from food and drinks are called calories. Calories supply the body with the energy it needs to function and to be active. Deciding how much energy (or how many calories you need each day) can be tricky. The number of calories you need each day is based on many factors, like how much exercise you get each day, your gender, and how old you are.

Getting too few calories can be a problem because your body needs them to function, but getting too many too often can force your body to store the extra calories- which may cause your body to malfunction. Balancing the calories that you eat with the calories that you need is our goal.

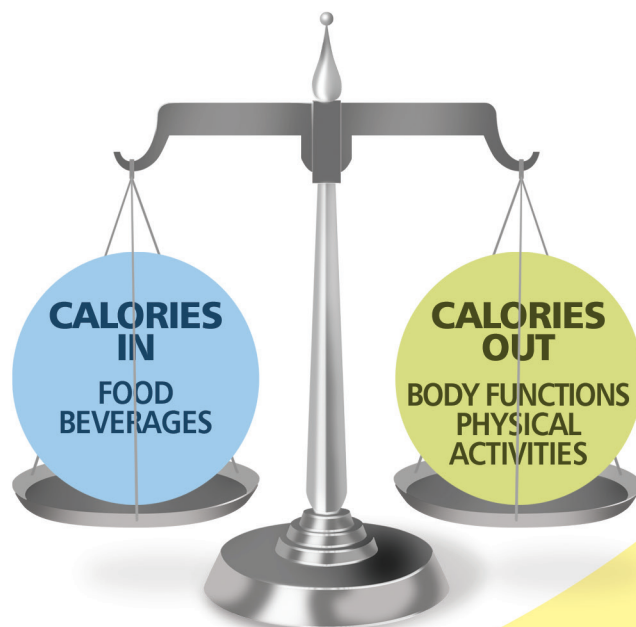
Planning your meals is a strategy to help you maintain the right calorie balance.

Reference: Centers for Disease Control and Prevention

Fuel or calorie balance is like a scale.

To remain in balance and maintain your body weight while having the energy to do physical activity, the calories consumed must be balanced by the calories you use.

- **"Calorie balance"**
You are eating roughly the same number of calories that your body is using. You likely will keep growing at a **stable** rate. Adults in calorie balance will see their weight stay the same.
- **"Calories in" is greater than calories out**
You are eating more calories than your body is using. Your body will likely store extra calories and your weight gain may be faster than your growth. Adults eating excess calories may be **gaining** weight.
- **"Calories out" is greater than calories in**
Some call this a calorie deficit. You are eating fewer calories than you are using. Your body may not be getting enough energy and your weight gain may be slower than your growth. Adults in a calorie deficit may be losing weight.





FUEL BALANCE

Fuel Your Day!

Using your **MyPlate Calculator** numbers, fill in the blanks. **My Daily Food Guide:**

Calories	<input type="text"/>		
Grains	<input type="text"/>	ounces	Dairy <input type="text"/> cups
Vegetables	<input type="text"/>	cups	Protein <input type="text"/> ounces
Fruits	<input type="text"/>	cups	

Plan Your Fuel Balance

Plan to get the right balance of calories for your activity level. Knowing how many calories are in the foods that you eat is an important step to finding the right balance. Choose a variety of foods to get different nutrients that your body needs. For example, your fruit choices for the day might be a banana, apple, and strawberries. Try to eat at least three different foods from each Food Group every day!

Instructions:

- Write in the meals and snacks you plan to eat to fuel your day.
- Think healthy choices for your beverages- they add nutrients too.

BREAKFAST	
LUNCH	
DINNER	
SNACK	

How did your meals add up?

Make a check mark next to the Food Groups where you met your MyPlate **Calculator** Numbers.

<input type="checkbox"/> Grains	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Fruits	<input type="checkbox"/> Dairy	<input type="checkbox"/> Protein
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