**Essential calories**
- Minimum calories you need to meet your nutrient needs
- Focus on choices from food groups
- Best nutrient choices are foods with:
  - the least amount of fat
  - no added sugar

**Extra calories**
- Calories you have left in a healthy diet after you eat enough nutrient-dense foods to get your essential calories
- Can be used on luxuries:
  - foods with added sugar
  - foods higher in fat
  - alcohol (in moderation)
  - more food from a food group

**How many extra calories can I have?**
- Most extra calorie allowances are very small.
- Many people only have 100-300 extra calories.
- The number depends on age, gender and physical activity level.

**Nutrient dense**
- Lots of nutrients for the amount of calories

**Empty calories**
- Few or no nutrients for the calories

**Where do I get extra calories?**
- From most solid fats and all added sugar
  - Fats
    - Higher-fat forms of foods
    - Higher-fat meats
    - Whole milk
  - Added sugars
    - Foods and other products with sugars added during processing and preparation
    - Sweetened beverages
    - Sweetened bakery products

**Balance your calorie budget**
- Focus on food groups to get your nutrients.
- Use lower-calorie forms of foods/drinks.
- Enjoy your food but eat less.
- Limit solid fats and added sugars.
- Choose empty-calorie foods/drinks less often.

**Budget your calories**
- Plan a calorie budget for yourself.
- Stay within your budget.
- Choose the most value for your calories.
- Choose extras after essentials.

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**Funded in part by USDA SNAP.**
For more information, call MU Extension’s Show Me Nutrition line at 1-888-515-0016.

**Running out of money for food?**
Contact your local food stamp office or go online to: dss.mo.gov/fsd/fstamp/