

## 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

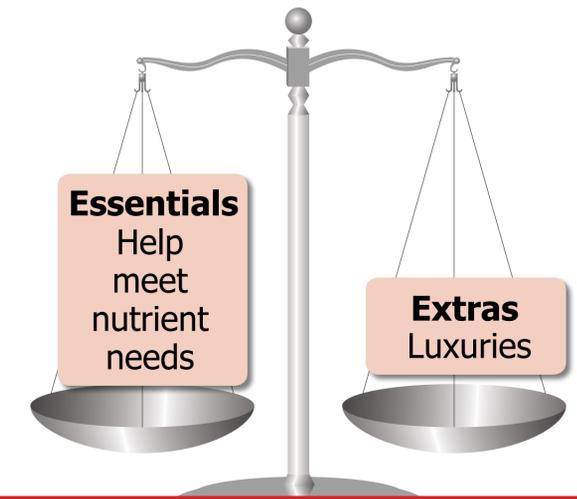


# MAKE YOUR CALORIES COUNT



## What is your calorie budget?

Everyone has a calorie budget



## 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



## Nutrient dense

- Lots of nutrients for the amount of calories



## Empty calories

- Few or no nutrients for the calories



## 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.



## 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

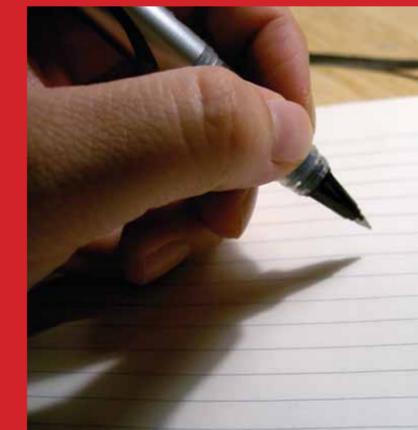
### Added sugars

- Foods and other products with sugars added during processing and preparation
- Sweetened beverages
- Sweetened bakery products



## Budget your calories

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



## 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.



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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/](http://dss.mo.gov/fsd/fstamp/)

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