

Name _____

CALORIES COUNT

ESSENTIAL & DISCRETIONARY



Concept number two will help keep you fit.
Let's learn what foods you should eat or omit.

#2

Each of us has our own calorie plan.
Food plus exercise during a day's span.

To eat healthy foods from MyPyramid,
It's what to do, especially as a kid.



There are two kinds of calories, take note,
The "essential" ones should get your yes vote.

Essential means calories you must get, full of nutrients, they're your safety net.

Essential calories come from foods in MyPyramid's five groups, the place to begin.

Choose foods low in fat, a good rule of thumb.
No added sugars for your best outcome.

#3

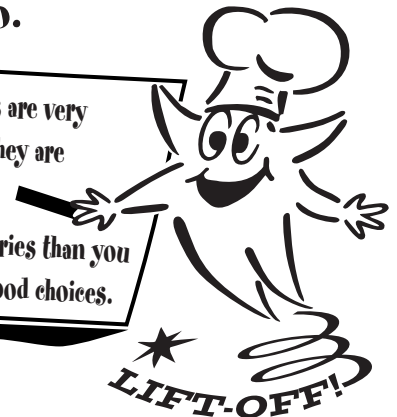
Next is "discretionary," concept three,
This word means extra, and this is my plea.

For these extra calories here's a clue,
Eat few, be more active, this you should do.



They come from foods like chips
and soda too,
And most sweet dessert treats
you eat, it's true.

- Most discretionary calorie allowances are very small. Kids get around 130-195 unless they are active 30-60 minutes most days.
- It is easy to eat more discretionary calories than you think even when you are making careful food choices.



Essentials and extras add up to make
The total of your calorie intake.