

Calories

Energy makes things go and grow. For example, electricity is a form of energy that makes a lamp work. Gas produces energy to make a car go. Dogs eat dog food to make them go. Fish eat fish food to make them go. Foods have six different kinds of nutrients in them. The nutrients are protein, carbohydrates, fat, vitamins, minerals, and water. Energy or calories are only found in protein, fat and carbohydrates. Both protein and carbohydrates provide four calories per gram. Fat has more energy and provides nine calories per gram. Food gives people energy. We measure energy in calories.

Calories are the potential energy the body can receive from a food. Our bodies use food for energy to maintain all body functions both voluntary and involuntary; in other words, to move, act, grow and mend from an injury.