Calorie Balance – The balance between the calories in what you eat and drink, and calories you burn when moving.

- A balance of calories IN and calories OUT over time is the key to staying at a healthy weight.
- Eating and drinking more calories than you burn when moving leads to weight gain.
- Burning more calories than you eat and drink leads to weight loss.

Calories – A way to measure energy. Most food and drinks have calories. Calories give you the energy you need to live and move.

- You take in calories when you eat or drink. We’ll call that ENERGY IN.
- You burn calories when you move your body. We’ll call that ENERGY OUT.

Obese – Being very overweight.

- Obesity can cause serious health problems like type 2 diabetes (high blood sugar) and high blood pressure.

Overweight – Having more body fat than is healthy.

- You can become overweight from eating and drinking more calories than your body uses (too much ENERGY IN and not enough ENERGY OUT).
- Your body turns extra calories into fat.
- Being overweight can lead to health problems.

Physical Activity – Moving the body, which burns calories. This is ENERGY OUT. Physical activity can be any kind of movement – for sports, fun, work, or getting around town. Here are some examples:

- Soccer
- Bike riding
- Walking to school or work
- Mowing the lawn
- Exercise classes
- Playing tag
- Vacuuming

Portion Size – The amount of a food or drink a person chooses to eat or drink at one time.

Screen Time – Seated time spent in front of TV, movies, video games, computers, hand-held games, and cell phones.

- More screen time means less time moving your body.

Serving Size – A measured amount of food or drink, such as 1 slice of bread or 1 cup (8 ounces) of milk. Information about a food’s calories, fat, and sugar is based on the serving size.

- Many times, a single portion can have more than one serving.