

What is a Calorie?

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A calorie is the unit of measurement of energy produced by food when it is used in our bodies. It's our body's fuel. So we need calories to run efficiently, right?

Then, calories are not the enemy either. We just need to make sure we are getting the right amount from the right places.

If we give our body more fuel than it needs, the fuel will either be stored as muscle or fat – depending on our level of physical activity. Again, it's about balance – how much calories you take in vs. how much you burn. You should consult a healthcare professional on the right calories for your individual needs (i.e. weight-loss, weight-gain or maintenance). But, begin now to evaluate how many calories you consume on a daily basis and record them in a food journal.