

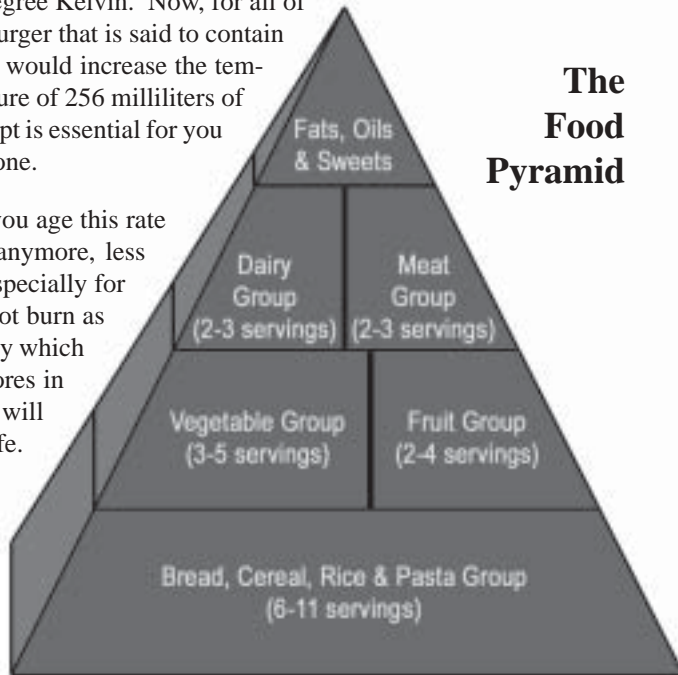
# What Are You Eating?

## ACHIEVEMENT SERIES

A **calorie** is what your body uses as fuel. It is what the body needs to perform every function it is capable of. Without this fuel, your heart could not beat, your hair would not grow, and your neck would not be able to turn to watch an attractive woman walk by. In more technical terms, a calorie is a unit of energy, just like a watt, an amp(ere) or a volt (as in 9 volt batteries). A calorie is the amount of energy it takes to raise the temperature of one milliliter of water by one degree Kelvin. Now, for all of you non-chemistry majors, this means that if you took that hamburger that is said to contain 256 calories, and then burned it, the amount of energy produced would increase the temperature of 1 milliliter of water 256 degrees, or raise the temperature of 256 milliliters of water 1 degree. Food provides us with these *calories*. This concept is essential for you to understand if you want to talk about physical fitness with anyone.

**Metabolism** is the rate in which you use (or burn) calories. As you age this rate declines. This is caused by the fact that we are not growing anymore, less energy is needed to build bone, add muscle or even grow hair (especially for you poor souls who will start losing it early on). Since, we do not burn as many calories anymore, we begin to start storing the excess energy which we would have normally used. The human body keeps these stores in the form of fat. Fat comes in all shapes and sizes. Some people will genetically put on more fat than others, this is a simple fact of life. But we don't have to like it.

The Food Pyramid



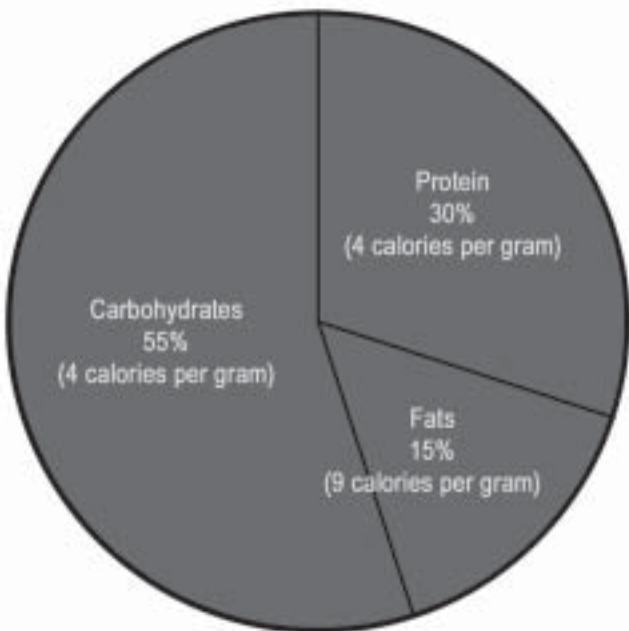
**EAT THE RIGHT KIND OF CARBOHYDRATES**  
 The best carbohydrates for your metabolism are those with a low glycemic index. The glycemic index measures how fast your body processes a food. Foods with a high index (such as white bread and highly processed breakfast cereals) make you hungrier faster. In a Pediatric study, obese teenage boys ate 81 percent more after a high-glycemic meal than after one with a low glycemic index. Unfortunately, there's nothing intuitive about the glycemic index. Many people consider pasta to be a fast-acting carbohydrate, but most pastas fall in the middle of the range. And a high-fiber cereal like Shredded Wheat is near the top. In other words, if you want to use the glycemic index, you pretty much have to memorize it. Or use a cheat sheet.

### BE CALORIE SMART

1 lb. of human fat =	3,500 calories
1 gram of protein =	4 calories
1 gram of carbohydrate =	4 calories
1 gram of fat =	9 calories

The average size man 5-foot-10 and 180 lbs. burns about 2000 calories a day. One way to estimate your metabolism rate is the following formula:

(Your weight) / 2.2 X 24 = \_\_\_\_\_



The Diet Wheel

Not all fats are created equal. While all are calorie-dense and can make you gain weight, some types are better for you than others. Here's a quick primer:

- **Monounsaturated.** Found mainly in vegetable and nut oils, such as olive and canola, monounsaturated fats are often referred to as "good" fats. They help reduce blood cholesterol levels and protect against heart disease.
- **Polyunsaturated.** These contain the essential nutrient linoleic acid and are found in the fat from plants, such as sunflower and corn oils. Like the monounsaturated variety, these also tend to reduce blood cholesterol levels.
- **Hydrogenated.** These are liquid oils that have been chemically altered to a semisolid state. Margarine and vegetable shortening are prime examples. Hydrogenated fats are thought to clog coronary arteries, which places them in the "bad" category.
- **Saturated.** These fats are found in all foods that come from animal sources, including meats and dairy products. They are also in oils such as coconut and palm kernel oil. Saturated fats pose the highest risk of heart disease and some types of cancer. They are found not only in meats and butter but also in foods such as coconut, cheese, non-dairy dessert toppings, and creamers.