

Many people skip breakfast in order to control their weight. But studies show that most breakfast skippers tend to be overweight, partly because they eat more high-calorie snacks. A study at the University of Minnesota showed that 2,000 calories consumed at breakfast helped people lose weight, while 2,000 calories consumed at supper caused people to gain it!<sup>2</sup>

## AND SPEAKING OF CALORIES...

Calories are a way of measuring energy. Every day, your body uses energy to get you through your activities. On an average day, teenage boys use between 2,700 and 3,000 calories of energy. Teenage girls use less, between 2,300 and 2,400 calories. This energy has to come from

### RECOMMENDED DAILY CALORIES

Age	12-15	15-18	18-35
Girls	2,400	2,300	2,000
Boys	2,700	3,000	2,800

somewhere, and that somewhere is food. Every ounce of protein gives your body approximately 110 calories of energy to use. Every ounce of carbohydrate gives it a similar amount. Every ounce of fat gives it approximately 250 calories of energy.

Why are calories fattening? They are fattening only if you eat more than you use. The average 16 year old girl uses 2,300 calories a day. As long as she eats 2,300 calories, she won't gain weight. If she eats more than that she will because the extra calories will be stored as fat. To use more than 2,300 calories a day, she needs to add more exercise to her daily routine.

## FOOD SAVES THE DAY

*"It's Saturday night and I'm going out with friends. But I'm wasted 'cause I had to work all day in my old man's store..."*

You know the situation. You're tired; your brain turned off half an hour ago; but something big is happening and you want to perform. What to do?

Eat.

Don't laugh. Complex carbohydrates at times like this can save the day. They do two things to pump up your energy: