

How Is My Balance?

Name _____

Draw a picture of the scale to show how you think you balanced your nutrients and calories with the energy you used today. (Remember that growing takes energy too, probably less than 100 calories a day.) Then think of ways you can improve your balance, keeping in mind that although maintaining a healthy energy balance is important, so is making sure that your food energy (calories) comes from nutritious, healthy sources. Both food quality *and* quantity are important for health.

Here are the changes I want to make tomorrow to create a better nutrition and energy balance:

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).