



“empty calories”.

What are calories?

But let's take a step backwards first. What are calories? The foods and the drinks you consume contain calories which your body uses (=burns) to produce the energy it needs to move (for example when we walk or exercise), and to perform its vital functions (like breathing or digesting).

As long as the amount of calories you eat and drink is comparable to the amount of calories you burn, you keep a stable weight.

But what happens when you consume more calories than your body needs?

That's when you start to put on weight. So, each of us have an average amount of calories we should stick to to be able to keep a good weight.

The perfect situation is when you acquire the appropriate amount of calories your body requires from foods that are also high in other nutrients - like legumes, nuts or vegetables -, as this will help you meet both your caloric and your nutrient needs.

However, as we were saying earlier, over time we've been increasingly switching to foods that still contain calories but are otherwise quite low in nutrients.

This means that even if you meet (or even exceed) your caloric needs by eating these foods, you can still develop nutrient deficiencies and health issues due to low intake.

So, what should you do to improve your diet?

Keep an eye on the foods you eat and always opt for the ones that are high in nutrients instead of those that give you “empty calories”.

Diets high in low-nutrient foods in fact tend to increase your risk of developing nutrient deficiencies and disease.

Whenever you go shopping, be sure to check out the nutrition facts of the foods you'd like to buy and compare them with those of their possible alternatives.

The products which are more nutrientdense should always be your first choice.