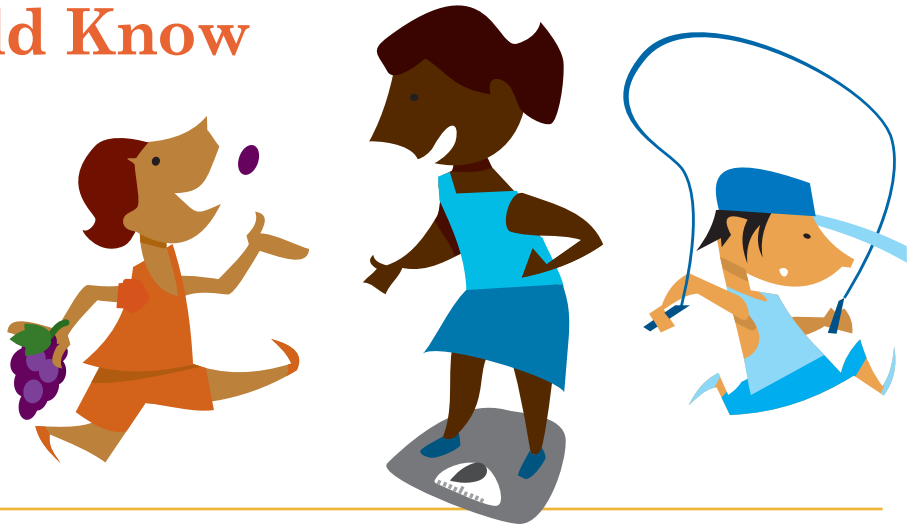


parent tips

Words You Should Know

Here are some words that will be used a lot during the **We Can!** Parent Program.



Calorie Balance – The balance between the calories in what you eat and drink, and calories you burn when moving.

- A balance of calories **IN** and calories **OUT** over time is the key to staying at a healthy weight.
- Eating and drinking more calories than you burn when moving leads to weight gain.
- Burning more calories than you eat and drink leads to weight loss.

Calories – A way to measure energy. Most food and drinks have calories. Calories give you the energy you need to live and move.

- You take in calories when you eat or drink. We'll call that **ENERGY IN**.
- You burn calories when you move your body. We'll call that **ENERGY OUT**.

Obese – Being very overweight.

- Obesity can cause serious health problems like type 2 diabetes (high blood sugar) and high blood pressure.

Overweight – Having more body fat than is healthy.

- You can become overweight from eating and drinking more calories than your body uses (too much **ENERGY IN** and not enough **ENERGY OUT**).

- Your body turns extra calories into fat.
- Being overweight can lead to health problems.

Physical Activity – Moving the body, which burns calories. This is **ENERGY OUT**. Physical activity can be any kind of movement – for sports, fun, work, or getting around town. Here are some examples:

- Soccer
- Bike riding
- Walking to school or work
- Mowing the lawn
- Exercise classes
- Playing tag
- Vacuuming

Portion Size – The amount of a food or drink a person chooses to eat or drink at one time.

Screen Time – Seated time spent in front of TV, movies, video games, computers, hand-held games, and cell phones.

- More screen time means less time moving your body.

Serving Size – A measured amount of food or drink, such as 1 slice of bread or 1 cup (8 ounces) of milk. Information about a food's calories, fat, and sugar is based on the serving size.

- Many times, a **single portion** can have **more than one serving**.

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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