

Mayo Clinic Minute:

Does your diet contain empty calories?

VIDEO	AUDIO
	Most everything you eat or drink has calories. But what are empty calories?
Amber Bonsall Dietitian Mayo Clinic	“Empty calories are basically calories that don’t have any added nutritional value, like the vitamins and minerals that we need for our body to function and grow.”
	A calorie is a unit of energy. It’s a way of measuring how much energy your body gets from eating or drinking certain foods and beverages. Too many calories in your diet, especially empty ones, can lead to weight gain.
Amber Bonsall	“Empty calories can be found in things like your candies and sodas, so those things don’t really add much to our life.”
	Mayo Clinic dietitian Amber Bonsall says, while those empty calories might make you feel full and satisfy your cravings, they’re doing more harm than good.
Amber Bonsall	“We want to make sure that we’re having those foods that are going to add those extra nutritional pieces to our body.”
	For the Mayo Clinic News Network, I’m Jason Howland.