

Lorraine from Calgary, Alberta writes:

Hey Jody,

I just turned 20 years old and am starting to gain weight. All my clothes do not fit me anymore. I like to eat out and always try to eat salads. My favorite foods are sushi and hamburgers. I just don't want to get chubby but I like eating out.
HELP!

-Lorraine

Jody replies:

Hey back to you Lorraine,

Sometimes it is so difficult to watch your weight as you get older, especially for us girls. I think that it is important to make healthy food choices and eat everything in moderation. This means only having a small amount of something (like a small ice cream cone instead of a 3 scoop ice cream cone). Fruits and vegetables are healthy choices and will fill you up. Eating good food like salads and less junk food will also give you more positive energy. Exercise, like swimming and walking, makes me feel better and fit. Seeing a dietician or your family doctor may also help. The most important thing to remember is that being big or small, just feel good about yourself.

-Jody



What are Calories?

by Ashlee Orr

Most foods and drinks contain calories. Calories are a way of describing how much energy is in the foods we eat and drink. Your body needs calories to stay energized and alert! But eating too many calories – and not burning enough of them off through physical activity – can lead to weight gain. You can often find out how many calories are in a food or drink by looking at the label on the back of the product.

Calorie Matching Contest

How much do YOU know about calories? Test your knowledge with this fun activity. For each of the foods below, draw a line to the correct number of calories in that food. We have done the first one for you.

Glass of Water (250ml)	260 calories
Banana	540 calories
Kit-Kat (1 Chocolate Bar)	2 calories
A&W Chocolate Milkshake (Regular Size, 600g)	0 calories
Pillsbury Pepperoni Pizza Pop (1 Pop)	1080 calories
Celery Stick (1 Stalk)	230 calories
McDonalds Big Mac (1 Sandwich)	89 calories

Match the calories to foods above correctly and send in your answers for a chance to win a CDSS Prize Package. Winners will be selected randomly from the correct entries.

Send your entries to:

VOICES

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E-mail: voices@cdss.ca

Submissions must be received before August 30, 2010.

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