

Balance Your Diet and Your Life – Q&A

- **If I exercise an hour a day, moderate to heavy exercise, what should my calorie intake be?**
- A: Calorie intake is personal. It depends on many factors such as your age, gender, current eating habits and what your weight management goals are : to maintain, lose, or gain weight. If you are losing weight and do not want to, then consider eating more calorie dense foods that are still healthy and nutritious. If you aren't losing weight but want to, consider keeping a food journal to track your calories and make changes to reduce portions.
- **Where does quinoa fit on the food group plate - grain or protein**
- A: That is a great question! It is considered a grain, but it does provide all the essential amino acids, or proteins, so that is a bonus! Technically it is a seed, but it is group into the grain category.
- **Is coconut oil in the solid form considered saturated fat?**
- Regardless of the form the coconut oil is in (liquid or solid) the fat content is the same. Therefore, the saturated fat content in solid coconut oil is the same as in liquid coconut oil.