

## Empty Calories

**Calories** from solid fats and/or added sugars. Solid fats and added sugars add calories to the food but few or no nutrients. For this reason, the calories from solid fats and added sugars in a food are often called **empty calories**.

**Solid fats** are fats that are solid at room temperature, like butter, beef fat, and shortening. Some solid fats are found naturally in foods. They can also be added when foods are processed by food companies or when they are prepared.

**Added sugars** are sugars and syrups that are added when foods or beverages are processed or prepared.