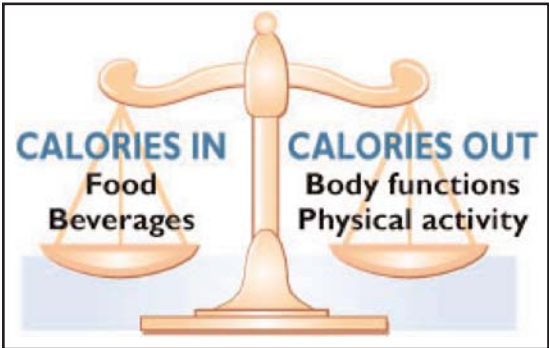


TIP SHEET

ENERGY BALANCE



Calorie is a fancy term for energy. When we eat food, we are taking energy (calories) IN. At the same time our bodies are working so energy (calories) are going OUT.

All of our bodily functions require us to burn calories, even sitting, breathing, and sleeping. We burn more calories the more we move around, and the rate that we burn calories is related to the intensity of our moving around. For instance, when we walk we burn more calories than when we rest, and we burn even more when we run or jog.

Excessive calories in our diet lead to our body storing it as fat. The more extra calories we consume and the less that we burn off, the more our weight increases. This leads to an overweight or obesity problem. The balanced approach is to eat the right amount of calories, limit the amount of calories from fat and sugar, and to increase the amount of exercise done everyday.

Remember, children should never diet and healthy weight loss in adults and children occurs slowly so it does not interfere with growth and development.

How the energy balance works:

- ✎ If the calories you consume equal the number of calories you burn throughout the day you will maintain weight.
- ✎ If the calories you consume are more than the number of the calories you burn you will gain weight.
- ✎ If the calories you consume are less than the number of calories you burn you will lose weight.

If your energy IN and OUT do not match every day it is okay. It is the balance over several weeks that determine if you are maintaining, gaining, or losing weight.

Dare to Compare

4 Chocolate Chip Cookies	4 miles walking
16 oz. fruit drink	2 miles walking
1 Cup of Ice Cream	3 miles walking
2 Glazed Doughnuts	3 mile walking
Large Fries	4 miles walking
1 Can of Coke	1 ½ miles walking
1 ½ bag of chips	2 miles walking
1 Slice cheese pizza	2 miles walking

Stalk of celery with cream cheese	1.45 miles
10 Wheat Thins	9 miles
1/2 Cup of Fresh Fruit.....	.6 miles
(1) Tangerine4 miles
Baked Potatoe with Sour Cream.....	1.5 miles