



Energy Balance

*Learning to balance
energy IN and energy OUT*

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ELEMENTS OF ENERGY - "Energy" is what we take in through eating food and drinking beverages and what we use up when we are active. What we eat and drink is called **ENERGY IN**. What we use up through daily living and physical activity is called **ENERGY OUT**.

ENERGY IN - The amount of energy FOUND in the food we eat and beverages we drink determines our TOTAL energy intake.

ENERGY OUT - We use energy just breathing air, keeping our bodies warm, digesting food and performing daily living activities. We use more energy when we perform physical activity. For example, adults use energy at rest but use even more energy when they walk to the bus stop, clean the house or ride a bike. Did you know that people who are more physically active generally use more energy even at rest than those who are not as physically active?



ENERGY IN:

What we eat and drink

ENERGY OUT:

What we use up through daily living and physical activity



ENERGY BALANCE - While energy balance is often measured in calories, accurately tracking calories can only be done in research settings. Our goal is a healthy active lifestyle that balances what we eat and drink with physical activity over time to help us maintain a healthy weight. We are in "energy balance" when our weight is stable and the amount of energy or calories we eat and drink (**ENERGY IN**) complements the amount of energy or calories we expend every day for activities of daily living and being active (**ENERGY OUT**). This helps maintain a healthy body.

CHILDREN - Children use energy just by being children – running on the play yard or building block towers. While children may have extra energy needs because they are growing, they still need to balance energy in and energy out. This happens when the amount of **ENERGY IN** and **ENERGY OUT** supports natural growth and daily activity without promoting excess weight gain.



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