

Energy IN and Energy OUT for Weight Loss

ENERGY IN is all the calories you eat and drink.

ENERGY OUT is all the calories you burn through normal body functioning, daily activities, and exercise.

Calories you eat and drink are either burned or stored by your body.

What happens if your ENERGY IN and ENERGY OUT scale is unbalanced?



- If ENERGY IN is more than ENERGY OUT – even by a little bit every day – you will **gain** weight over time. Your body is storing those extra calories!

For example: If you ate just 150 extra calories everyday (that's 1 hard roll or 1 8-oz container of yogurt, or 1 can of Coke, or half a Snickers candy bar), you would gain 15 pounds by the end of the year.

- If ENERGY OUT is more than ENERGY IN – even by a little bit every day – you will **lose** weight over time. Your body is burning up stored energy.

What can I do?

Maintaining a healthy weight means balancing ENERGY IN and ENERGY OUT.

If you'd like to **lose** weight, your scale should be unbalanced. You need to have more ENERGY OUT than you have ENERGY IN. Small changes really can make a difference.

- **Eat a variety of foods from all food groups**
 - This will ensure that your body gets all the nutrients it needs to function well.
- **Eat a minimum of 5 fruits and vegetables a day**
 - Not only do fruits and veggies have important vitamins your body needs, but they are usually low in calories which means less ENERGY IN.
- **Eat smaller portions**
 - Split an entrée with a friend? Skip seconds? Use smaller plates and bowls? Eating less food means less ENERGY IN.
- **Substitute or cut out some foods that are high in fat or sugar:**
 - Skim instead of whole milk? Have an apple instead of pretzels for a snack? Have baked chicken instead of fried chicken? Drink water instead of juice or soda? Drink one 1 less Coke? Skip dessert? Less fat and sugar means less ENERGY IN.
- **Avoid drinking calories**
 - Many of the drinks we consume have a lot of calories – like soft drinks, coffee, beer, and juice. A can of regular Coke has 143 calories, which would take almost 30 minutes of brisk walking to burn off. Drinking a diet Coke instead – or even better, a glass of water – would mean less ENERGY IN.
- **Increase your ENERGY OUT**
 - Walk for 30 minutes at lunch? Take the stairs instead of the elevator? Walk before dinner every night? Exercising means more ENERGY OUT.