

Moving Towards a Healthy Weight!

Maintaining weight

Energy In = Energy Out



Your weight will stay the same when the calories you eat and drink equal the calories you burn.

Losing weight

Energy In < Energy Out



You will lose weight when the calories you eat and drink are less than the calories you burn.

Gaining weight

Energy In > Energy Out

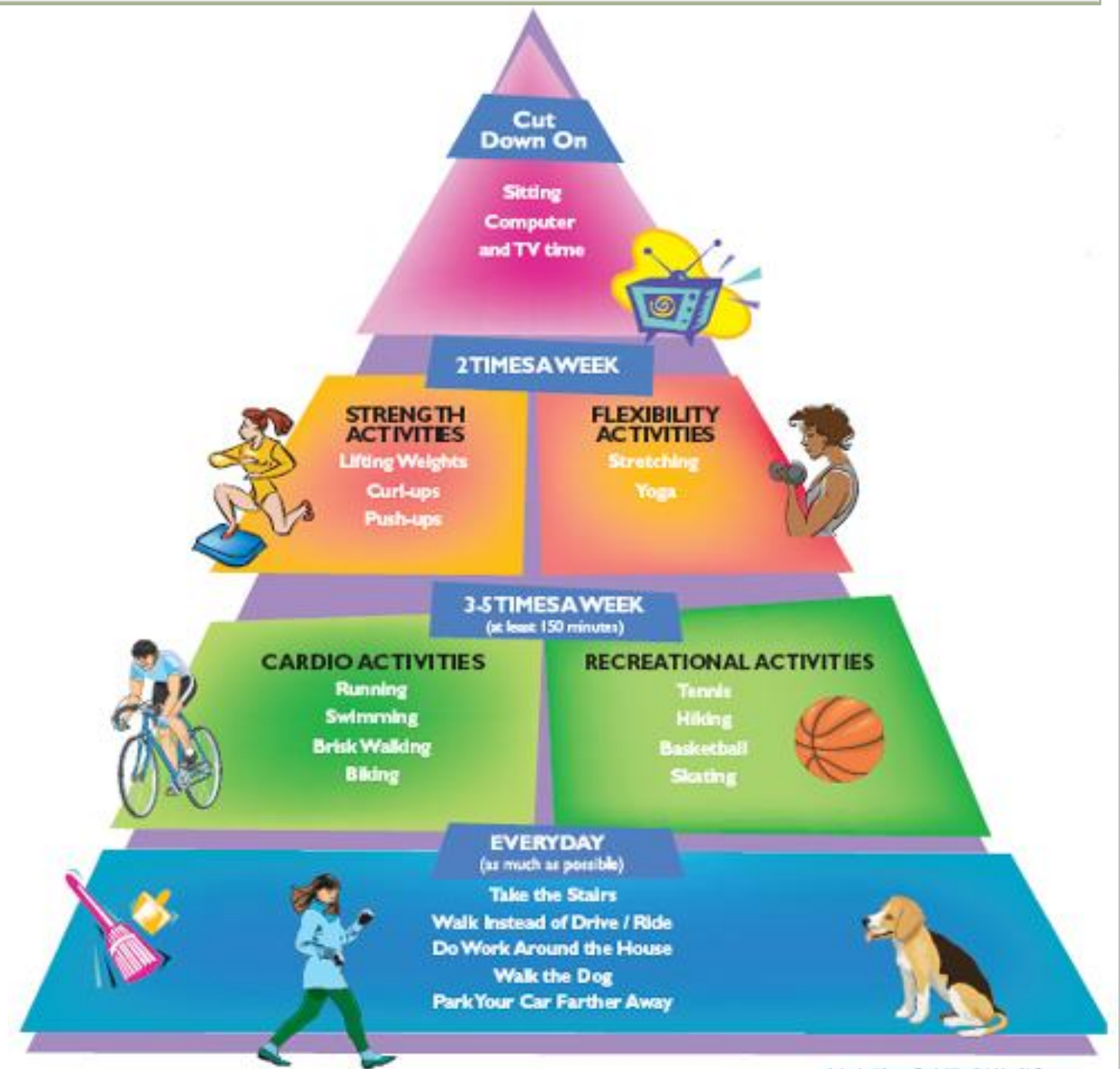


You will gain weight when the calories you eat and drink are greater than the calories you burn.

<http://www.choosemyplate.gov/STEPS/stepstohealthierweight.html>

Pick healthy food choices with low energy density (foods that have few calories in a serving but still have lots of vitamins and minerals) like fruits and vegetables to lower the ENERGY IN part of the energy balance equation

Use Physical Activity to Increase the Amount of ENERGY OUT in the Energy Balance Equation



Adapted from Park Nicollet HealthSource

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