Khoo Teck Puat Hospital
NHG Health

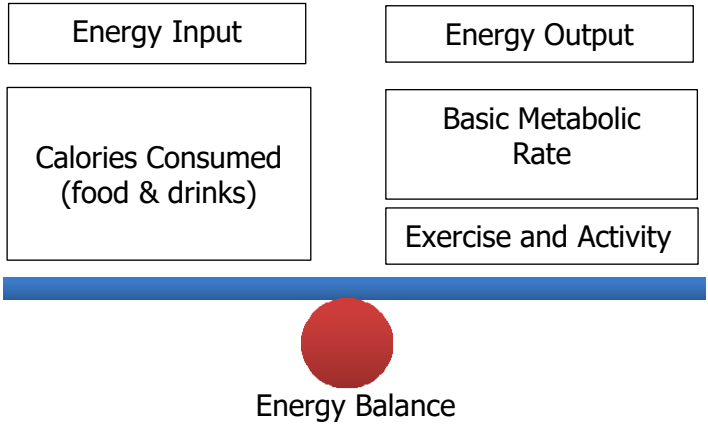
Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Nutrition & Dietetics

Energy Balance and Weight Loss

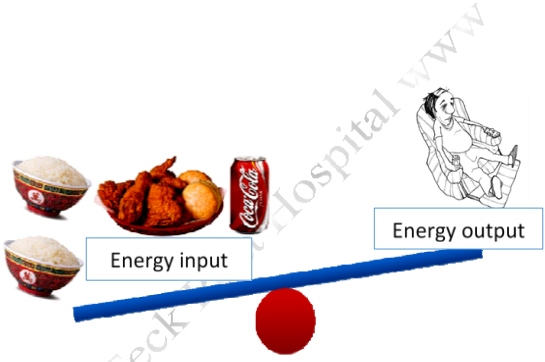
The basic principle of weight loss, weight gain and weight maintenance involves balancing the calories consumed with the calories used up by the body.



To **maintain weight**, we need to balance the energy we get from our food with the energy we use for our daily activities and exercise.

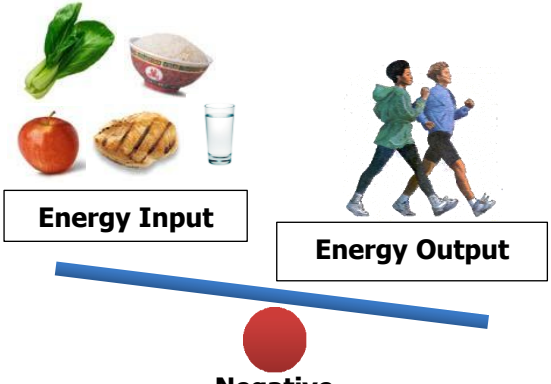
The body is then said to be in a state of **"Energy Balance"**.

ENERGY IN = ENERGY OUT



Positive Energy Balance

If we eat too many calories and do not use enough energy because we sit too much and move too little, we will gain weight. The body is then in a state of **"Positive Energy Balance"** that causes **weight gain**.



Negative Energy Balance

When we eat fewer calories from our food and burn more calories by doing more daily activities and exercises, we will **lose weight**. This happens because the body is in a state of **"Negative Energy Balance"**.

ENERGY INTAKE
FOOD
200 calories each



Kueh Salat
(1 piece)



1 Kaya Bun



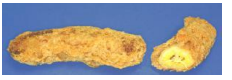
3 Chocolate
chip cookies



Ice-cream
(2 scoops)



1 Muffin



1 Pisang Goreng



1 Curry Puff



1 Ang Ku Kueh



Mixed nuts
(1/2 cup)



Potato chips
(1 small pkt 35g)



Chocolate
(6 squares)



1½ cans
beer

ENERGY OUTPUT
ACTIVITY
200 calories each



Brisk walking
40 minutes



Swimming
20 minutes



Cycling
30 minutes



Badminton
30 minutes



Aerobics
20 minutes



Housework
50 minutes

Please contact KTPH & YCH Dietitian at 6602 2420 if you have any nutrition related questions.

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ND.PE.64.0126