

# Energy Balance

Is key to maintaining body weight

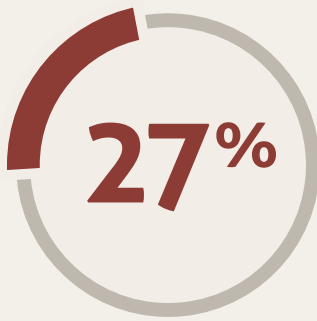
In 2017, 6 out of 10 Canadian adults were overweight or had obesity



Normal or underweight



Overweight



Obesity

## Energy In

"Energy in" includes Calories consumed from all food and beverage sources.



**Fat:** 9 Calories per gram

**Alcohol:** 7 Calories per gram



**Protein:** 4 Calories per gram

**Carbohydrates include:**

**Sugars:** 4 Calories per gram

**Starch:** 4 Calories per gram

**Fibres:** 2 Calories per gram\*



Research suggests eating and drinking too many Calories from all sources - carbohydrates, fats, proteins, and alcohol - can contribute to weight gain over time.

## Energy Out

"Energy out" is the energy used for basic body functions and physical activity.



**Basal Metabolic Rate**  
(Calories used at rest: breathing, heart pumping)



**Thermic Effect of Food**  
(Calories used to digest and metabolize food)



**Spontaneous Physical Activity**  
(Subconscious movements: fidgeting, sit-to-stand movements)



**Exercise Activity**  
(Light, Moderate, or Vigorous activity)

Any increase in physical activity is beneficial. Moderate to vigorous activities help to maintain a healthy weight. Strength-training activities can build muscle mass and increase basal metabolic rate.



— Find your balance —



Healthy Lifestyle

=



Well balanced diet

+



Regular exercise activity

+



Spontaneous physical activity

+



Adequate sleep

+



Stress management



For more information, visit [sugar.ca](http://sugar.ca)

References: Statistics Canada. Table13-10-0096-01 Health characteristics, annual estimates; Statistics Canada. Table13-10-0373-01 Overweight and obesity based on measured body mass index, by age group and sex.  
\*A value of 2 Calories per gram is used to calculate the number of Calories from fibre for the Nutrition Facts table.