



Energy Balance

Reaching and staying at a healthy weight is important for your overall health. Being overweight increases the risk of developing chronic diseases such as diabetes. Knowing how to balance the “energy in” with the “energy out” over time is the key to being at a healthy weight.

When thinking about your weight, keep these 3 things in mind:

- 1 Your weight will stay the same if the calories you consume equal the amount of calories you burn.
- 2 You will lose weight if the calories you consume are less than the calories you burn.
- 3 You will gain weight if the calories you consume are greater than the calories you burn.

Adapted from USDA, choosemyplate.gov

Food is the energy source or fuel for your body. Your body needs this energy (calories) for daily living. It is important to balance the energy in and out of your body. Exercise is a great way to burn this energy!

