

Skills for Living

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Topic 12-4

Balancing Calories and Energy Needs

- In this topic, you will learn how to balance calories and energy needs, as well as
 - ❖ Meeting energy needs
 - ❖ Controlling your weight
 - ❖ Eating disorders

Balancing Calories and Energy Needs

Objectives for Topic 12-4

After studying this topic, you will be able to

- identify factors that affect energy needs for metabolic and physical activity
- outline guidelines for healthy weight loss and healthy weight gain
- describe two common eating disorders

Topic 12-4 Terms

- ❖ calorie
- ❖ basal metabolism
- ❖ body mass index (BMI)
- ❖ overweight
- ❖ obese
- ❖ underweight
- ❖ anorexia nervosa
- ❖ bulimia nervosa

Meeting Energy Needs

- *Calories* are units of measurement for food energy
- Calorie needs are based on a person's
 - ❖ sex
 - ❖ age
 - ❖ size
 - ❖ physical activity

Metabolic Energy Needs

- ***Basal metabolism*** includes the life-sustaining activities that account for energy expended when the body is at physical, emotional, and digestive rest
- Basal metabolic rate can vary from person to person based on
 - ❖ age
 - ❖ glandular secretions
 - ❖ body temperature

Energy for Physical Activities



- Physical activity raises energy needs above basal requirements
- Very active people need more calories; less active people need fewer calories

Controlling Your Weight

- *Weight management* involves both eating and physical activity
- To control your weight, compare the calories you eat with the calories you burn



How Much Should You Weigh?

- *Body mass index (BMI)* is a calculation used by health professionals to assess an adult's weight in terms of his or her height
- For adults age 21 and over, a BMI of 18.5 to 25 is considered healthy weight
- An adult who has a BMI of 25 up to 30 is *overweight*
- A person with a BMI over 30 is considered *obese*

How Much Should You Weigh?

- Children and teens, ages 2–20, have different body-fatness levels as they grow and mature
 - ❖ Their BMI is determined differently than adults
- Overweight children and adolescents are not encouraged to lose weight
 - ❖ Young people can “grow into” leaner bodies
 - ❖ Weight loss could negatively affect normal growth

Healthy Weight Loss

- Balance food and physical activity
- Spend 60 minutes per day in physical activity
- Base your diet on grains, vegetables, and fruits
- Avoid omitting any group of foods from your diet
- Beware of fad diets



Healthy Weight Gain

- *Underweight* people have a BMI below 18.5
- To gain weight,
 - ❖ chose nutritious foods that provide more calories per serving
 - ❖ increase portion sizes
 - ❖ add nutritious snacks
 - ❖ eat five or six small meals a day

Did You Know...

- Extremely low weights can cause health concerns such as
 - ❖ respiratory diseases
 - ❖ tuberculosis
 - ❖ digestive disorders
 - ❖ some cancers
 - ❖ infertility

Source: American Council on Exercise

Eating Disorders

- *Eating disorders* are abnormal eating patterns that threaten a person's health
 - ❖ *Anorexia nervosa* is an eating disorder in which a person avoids eating, sometimes to the point of starvation
 - ❖ *Bulimia nervosa* is an eating disorder in which people go on eating binges and consume excessive amounts of calories

Did You Know...

- 86% of people with eating disorders report the onset of the illness by the time they are 20 years old

Source: National Association of Anorexia Nervosa and Associated Disorders

Summary for Topic 12-4

- Your body needs energy for both metabolic and physical activities
- Balancing these needs with the calories you obtain from foods will allow you to control your weight
- Being either underweight or overweight can cause health problems
- People who need to gain or lose weight should take steps to do so in a healthful manner