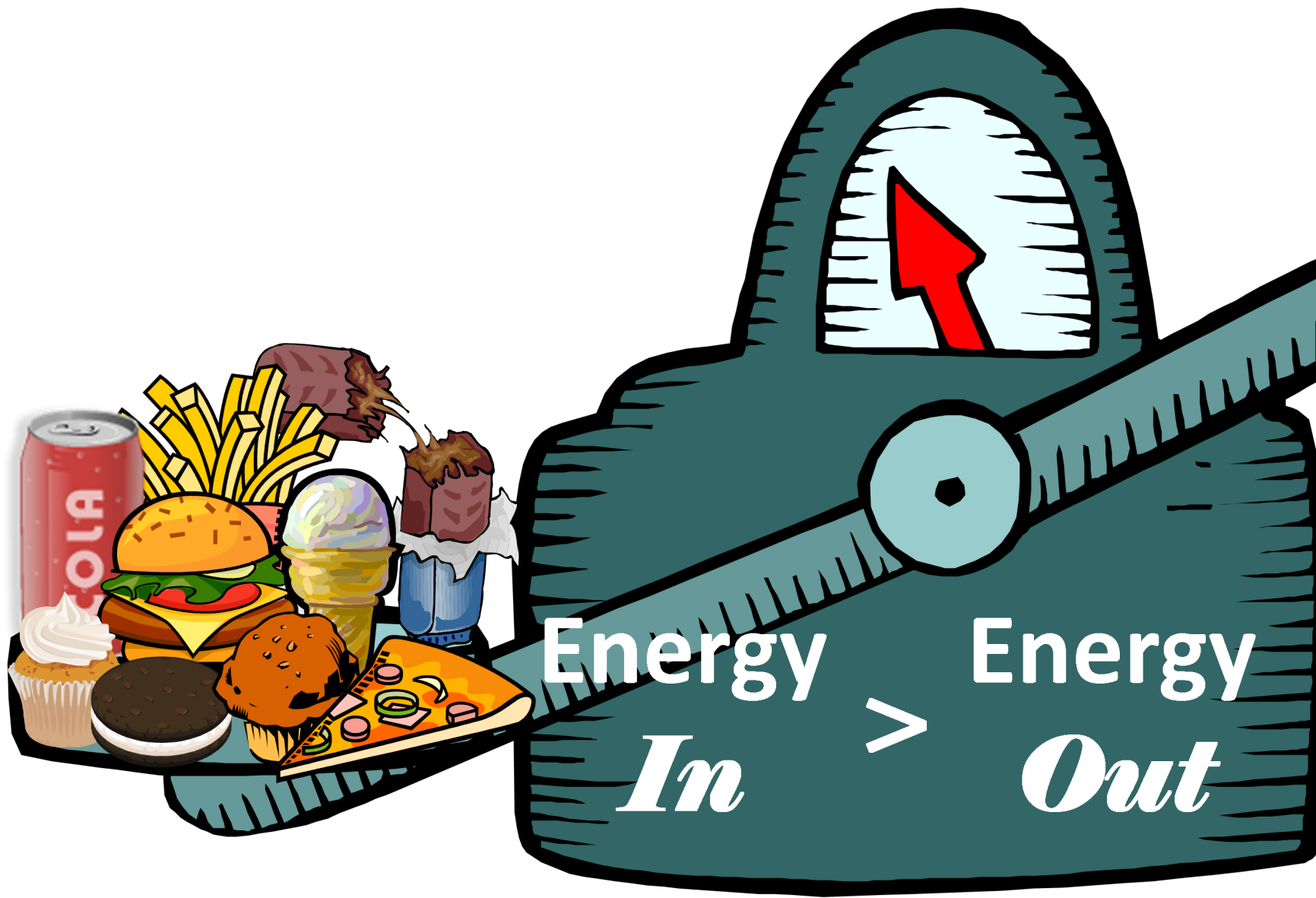


Weight loss happens when energy *In* is less than energy *Out*

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Public Health

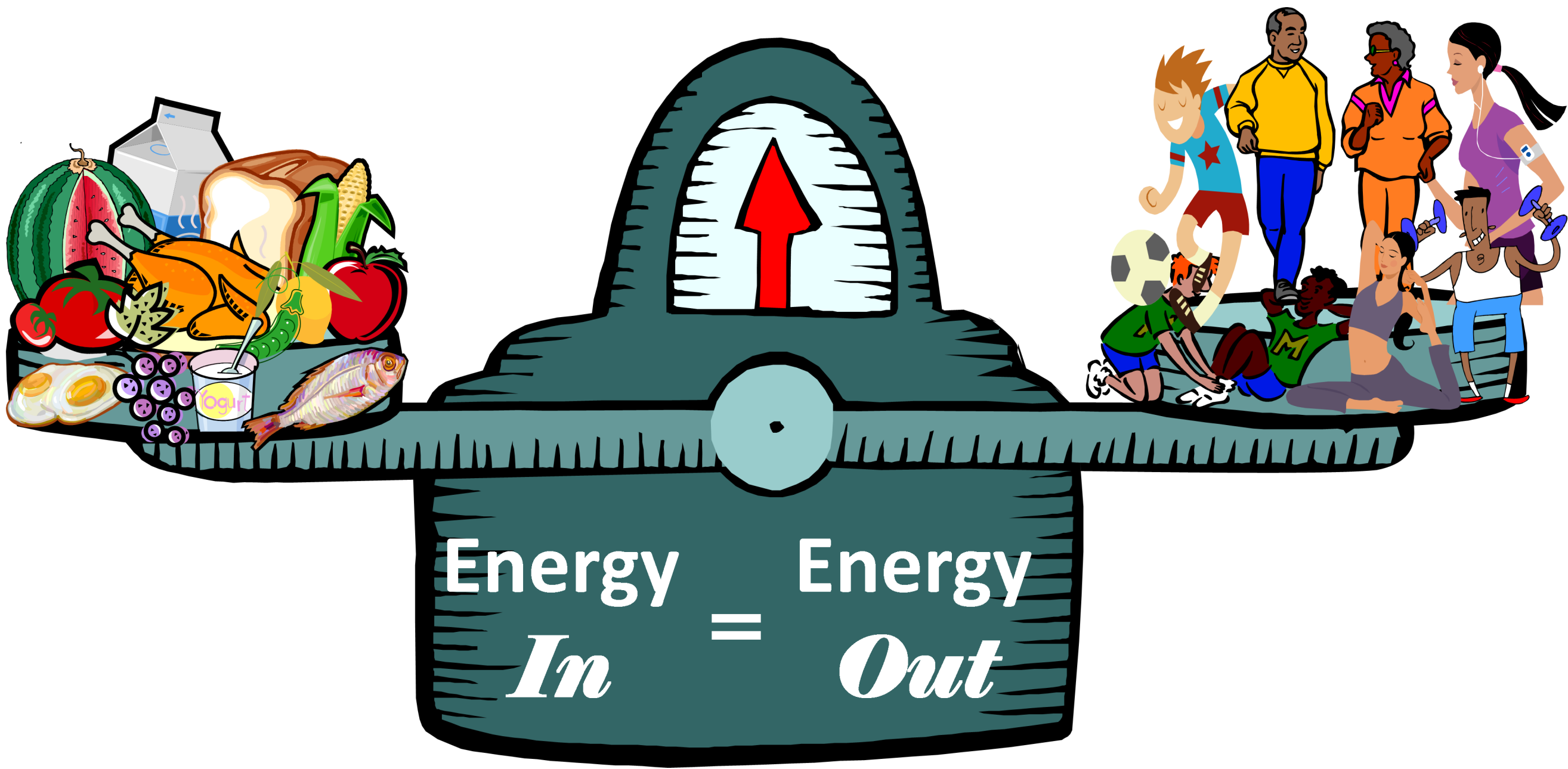


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Weight gain happens when energy *In* is greater than energy *Out*





Your weight stays the same when energy *In* is equal to energy *Out*



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