

What is
a calorie?

Unit

Energy in =

the
food we
eat



Energy out =

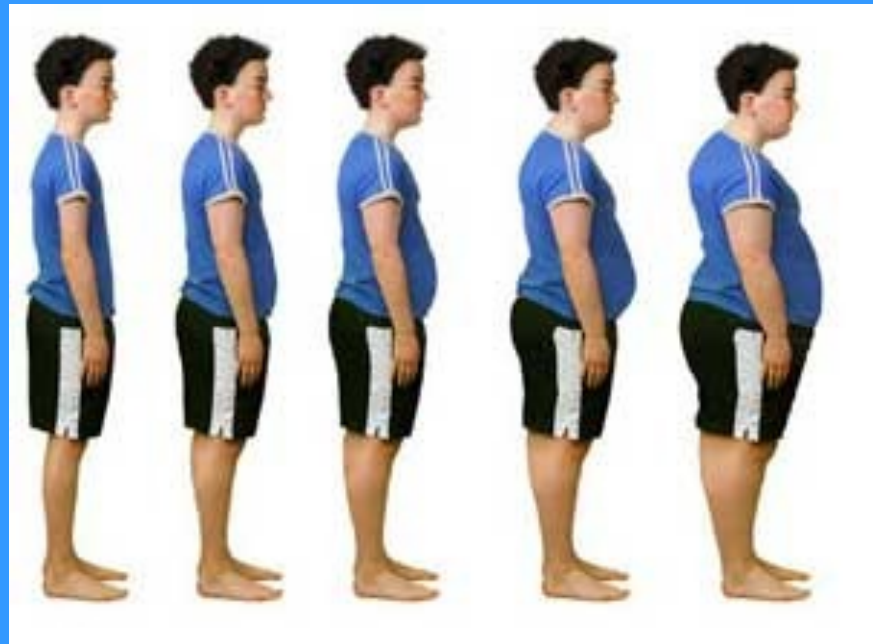
The energy
we need to
stay alive and
exercise

Energy in = Energy out



Weight stays the same

Energy in > Energy out



Weight Gain

Energy out > Energy in



Weight Loss