

Energy Balance

Is key to maintaining body weight

In 2022, 6.5 out of 10 Canadian adults were overweight or had obesity



Normal or underweight



Overweight



Obesity

Energy In

Energy Out

"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" 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

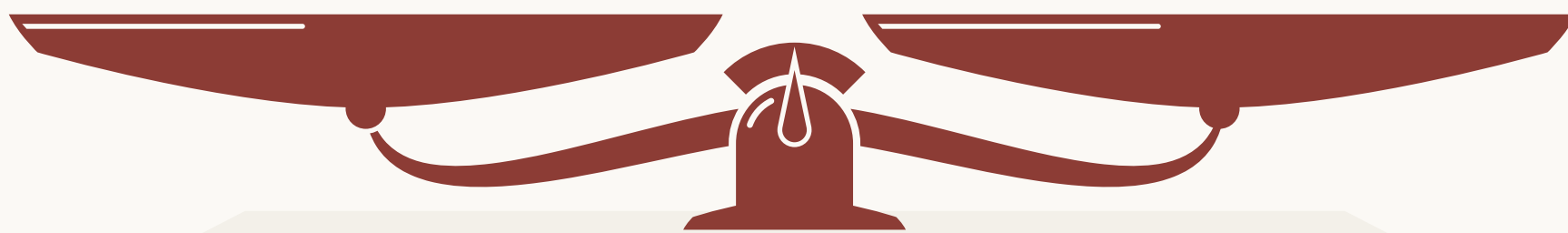
(Subconscious movements: fidgeting, sit-to-stand movements)



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



NUTRITION INFORMATION CENTRE

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.