



Energy intake = **Energy output**

FOOD

=

PHYSICAL & MIND ACTIVITY

CARBOHYDRATES

Starch & Fibre

PROTEINS

FAT

VITAMINS & MINERALS

Dexterity
Personal Care
Housework
Walking
Gardening
Shopping
Exercise

Thinking & Planning
Problem Solving
Personal Development
Interests/ Learning/ Reading
Social Life
Hobbies
Creative Pursuits/Arts

Want to Lose Weight?

Cut down on Energy Intake



Increase Energy Output