



**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**