



Energy Balance for Weight Loss

- 1 Eat small, regular meals. For many people planned, healthy snacks in between are also recommended.
- 2 Show caution with portions
- 3 Reduce excessive intake of high calorie foods
- 4 Maximise the nutrient density of meals and snacks
- 5 Make meals and snacks more filling to help keep you satisfied
- 6 Observe and monitor your food and lifestyle behaviours through a food and exercise diary, online tracking, physical activity monitor eg fitbit, heart rate monitor etc. You may learn a lot !



Your Dietitian-Nutritionist can help identify the problem areas in your current eating patterns and work with you to address them.

If you eat...	Burn it off by:			
	Sitting still for	Slow walk for	Brisk walk for	Jog for
glass of water (375ml)	0	0	0	0
1 apple (150g)	1 hr 10 min	35 min	17 min	10 min
glass of wine (150ml)	1 hr 15 min	43 min	21 min	12 min
full-strength beer, 1 stubbie (375ml)	1 hr 52 min	56 min	28 min	16 min
ice cream cone (80g)	2 hrs 6 min	1 hrs 3 min	32 min	18 min
1 chocolate bar (60g)	4 hrs 5 min	2 hrs 15min	1 hr 8 min	39 min
1 can soft drink (375ml)	2 hrs 13 min	1 hr 7 min	33 min	19 min
large juice-bar juice (650ml)	4 hrs 16 min	2 hrs 8 min	1 hr 4 min	37 min
2 rashers bacon, (60g grilled, fat trimmed) + 2 poached eggs	4 hrs 18 min	2 hrs 9 min	1 hr 5 min	37min
2 rashers bacon (60g, lean + fat, fried) and 2 fried eggs (100g)	5 hrs 46 min	2 hrs 53min	1 hr 27 min	50 min
1 meat pie (200g)	6 hrs 9 min	3 hrs 5 min	1 hr 32 min	53 min
flavoured milk (500ml)	6 hrs 14 min	3 hrs 7 min	1 hr 34 min	53 min
2 slices takeaway pizza (240g)	10 hrs 6 min	6 hrs 3min	2 hrs 32min	1 hr 27 min
1/4 chicken (110g) and chips (170g)	10 hrs 53 min	5 hrs 27min	2 hrs 44 min	1 hr 33 min
1 serve fish (165g, battered and fried) and chips (170g)	11 hrs 45 min	6 hrs 53min	2 hrs 57 min	1 hr 40 min

*Calculated from Food Standards Australia New Zealand food composition tables based on average energy expenditure for a 70kg, 40 year old male.

Action	Saving Each Time	Saving per Year
Cut out 1 teaspoon sugar per cup (4 cups tea/coffee a day)	20 kcals per teaspoon 80 kcals per day 560 kcals per week	29 000 kcalories Equiv. to 3.2kg body fat/year
Cut out 4 plain biscuits per week	70 kcals per biscuit 280 kcals per week	15 00 kcalories Equiv. to 1.6kg body fat/year
Avoid using oil in cooking instead of using 2 tablespoons oil when you brown meat	200 kcals each time 400kcals a week (twice per week)	20000 kcalories Equiv. to 2.3kg body fat/year
Use skimmed milk instead of full cream milk on your cereal	40 kcals per serving 120 kcals per week (3 times a week)	6 200 kcalories Equiv. to 0.7kg body fat/year