MOVE 2010, Frankfurt/Main, October 21, 2010

The Ins and Outs of Energy Balance

an interactive, multilanguage tool for personalised information about calorie needs and calorie expenditure

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European Food Information Council (EUFIC)

Communicating science-based food information to health and nutrition professionals, educators, and journalists in a way that promotes consumer understanding

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SEND TO A FRIEND

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Home

··· Energy balance / LEO - Lifestyle and energy balance online ···

This section aims to help you understand your daily energy needs. It gives an overview of what energy is, and advice on how to achieve a healthy balanced lifestyle. It also provides you with information about how everyday activities and physical exercise help you burn calories and improve your health, and how to balance what you eat and what you expend through activity.

STEP 1



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BACK TO EUFIC

HEALTHY LIFESTYLE

Learn the basics about nutrition and physical activity. Find practical ways to cut calories by making little changes in your everyday life and learn how to use the nutrition information on food labels.

STEP 2



STEP 3 SMALL STEPS TOWARDS A HEALTHY ENERGY BALANCE

CALORIE BURNER

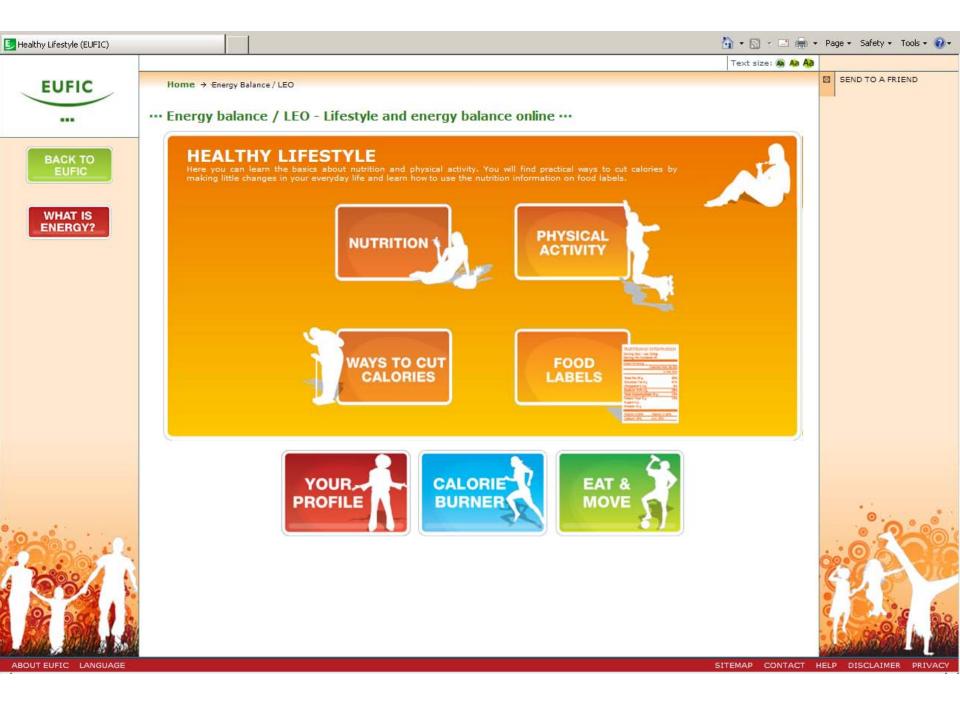
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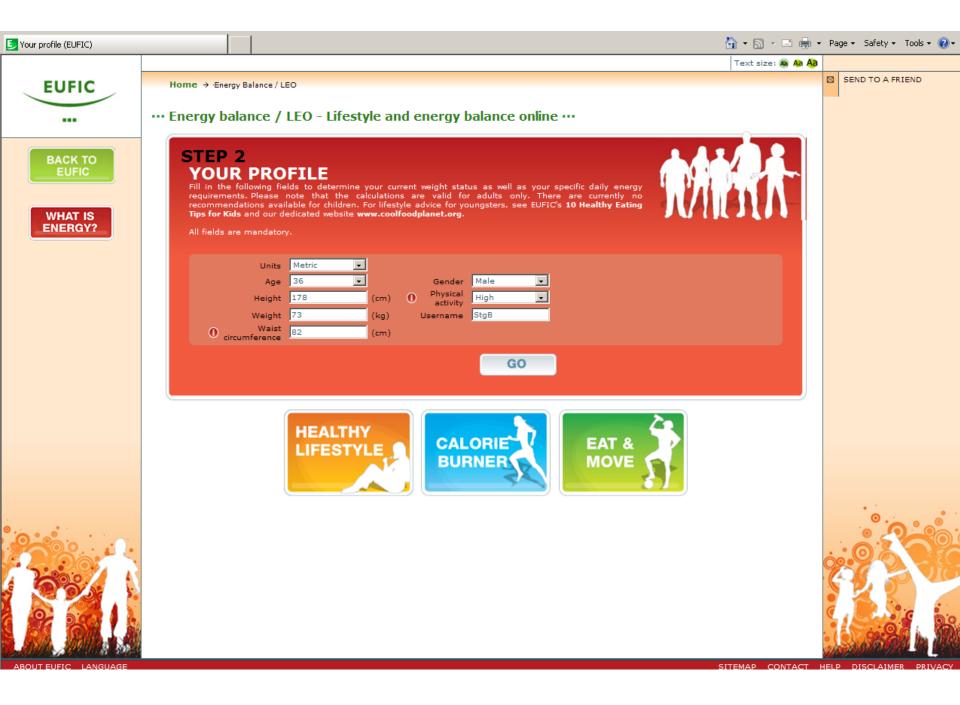
Learn how many calories you burn through various activities. You can select one activity or add different activities to see their cumulative effect in terms of calories burned.

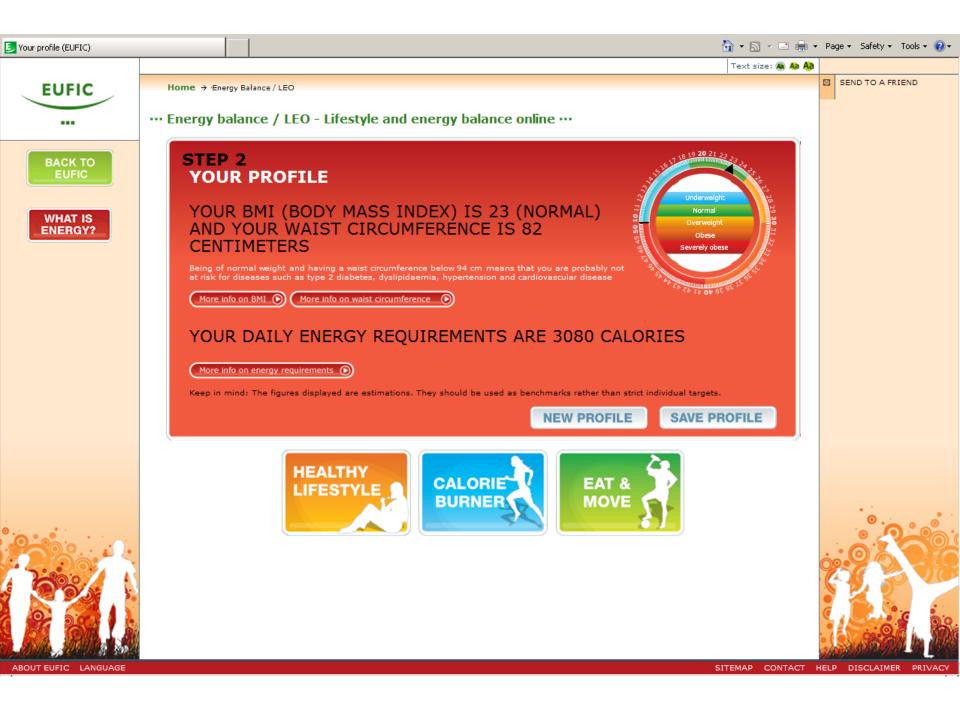
Learn about balancing energy in and energy out: what kind of exercise could burn off the calories you have consumed or what might you eat after specific physical activities. Enjoy playing with the calculator to get the balance right.



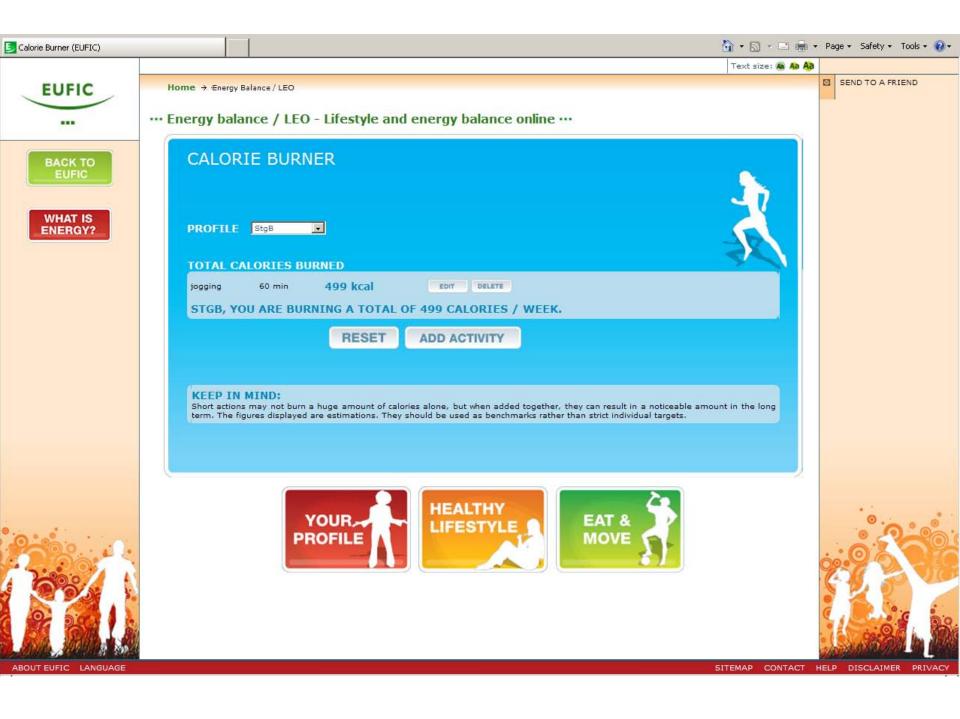
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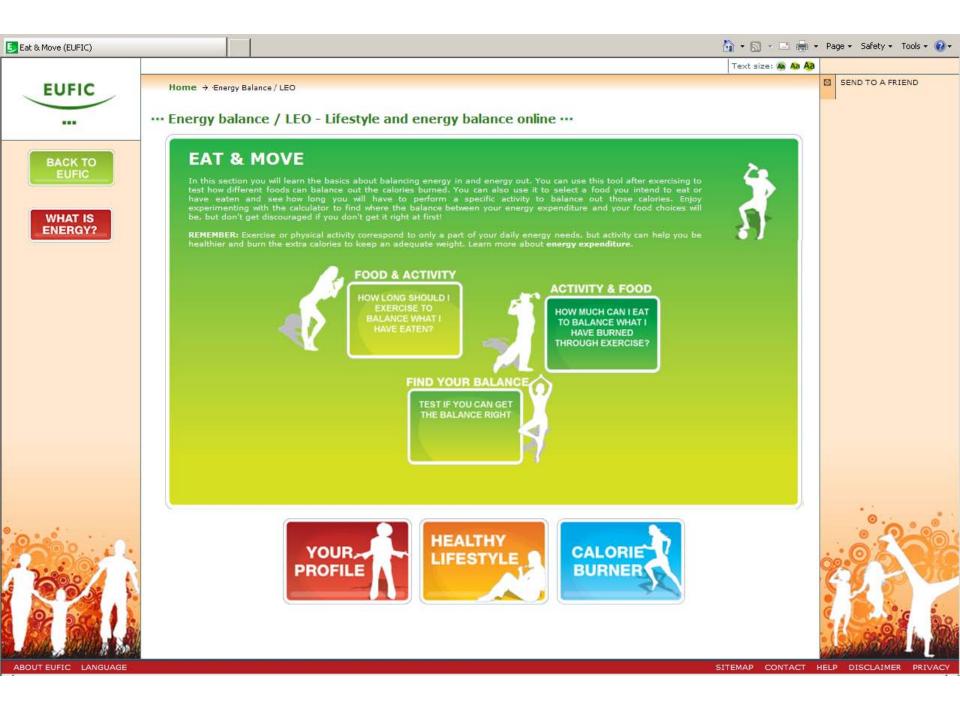


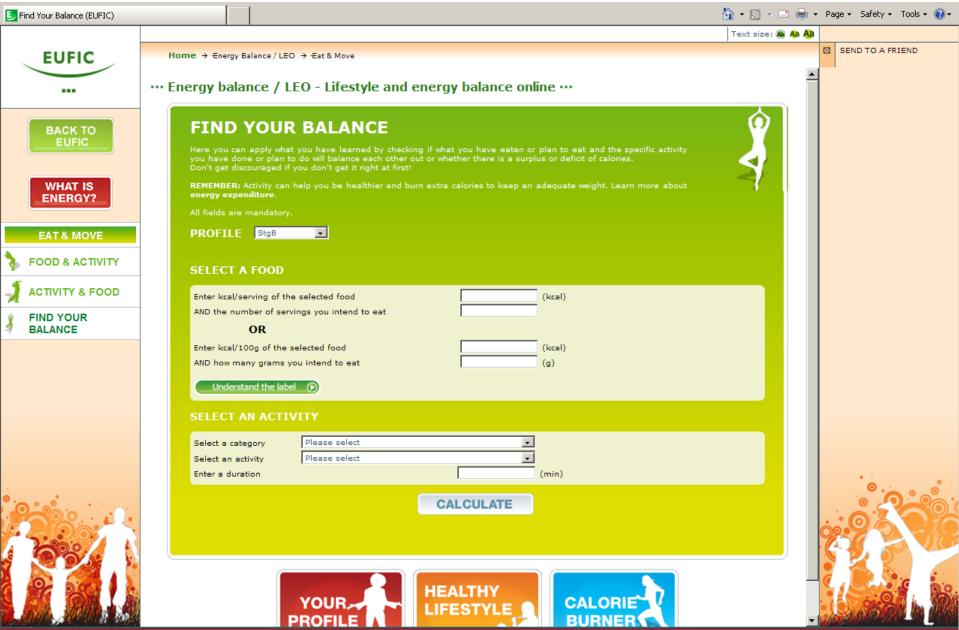




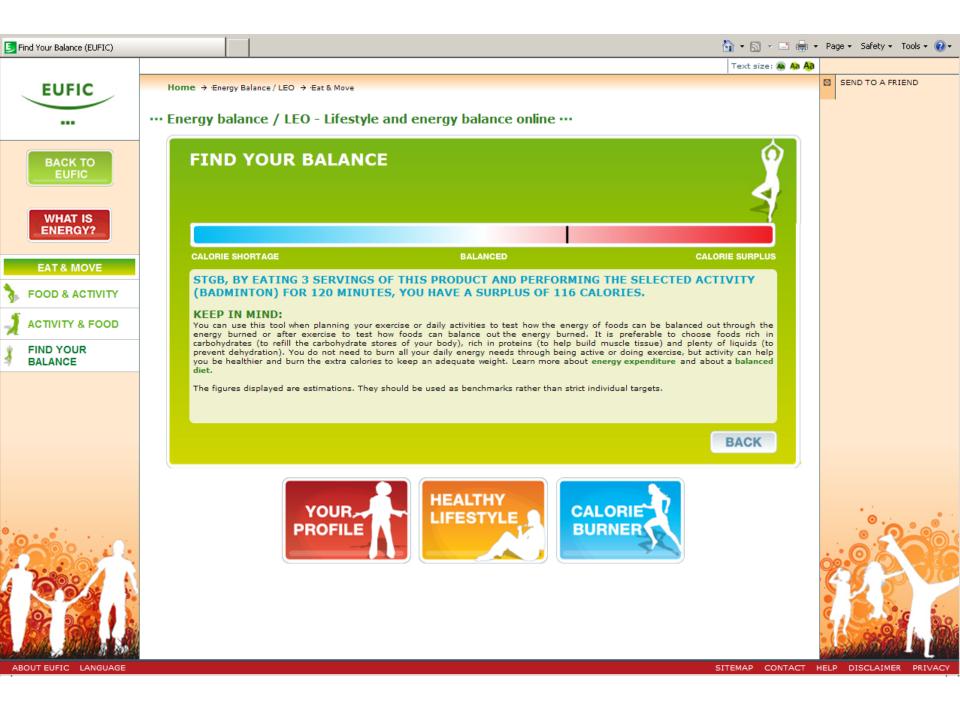
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EUFIC	Home → Energy Balance / LEO	Text size: A A A SEND TO A FRIEND
BACK TO EUFIC	•••• Energy balance / LEO - Lifestyle and energy balance online ••• CALORIE BURNER This section will show you how many calories you burn through various activities. You can different activities to see their cumulative effect in terms of calories burned. Remember that sh huge amount of calories alone, but when added together, they can make a significant difference	hort actions may not hum a
WHAT IS ENERGY?	All fields are mandatory. PROFILE StgB Select a category Please select	
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