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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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... 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

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

YOUR PROFILE

Fill in your data to determine your current weight status as well as your specific daily energy requirements. This information will only be used to personalise the calculations in other sections of the Energy Balance site.

Profile [SHOW PROFILE](#)[NEW PROFILE](#)[DELETE PROFILE](#)

STEP 3

SMALL STEPS TOWARDS A HEALTHY ENERGY BALANCE

CALORIE BURNER

(INTERACTIVE)

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.

EAT & MOVE

(INTERACTIVE)

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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HEALTHY LIFESTYLE

Here you can learn the basics about nutrition and physical activity. You will 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.

NUTRITION

PHYSICAL
ACTIVITY

WAYS TO CUT
CALORIES

FOOD
LABELS

Nutritional information	
Serving Size 100g	
Amount Per Serving	
Calories 100	
Total Fat 10g	
Sodium 100mg	
Total Crap 10g	
Total Sugar 10g	
Total Protein 10g	
Total Fat 10g	
Sodium 100mg	
Total Crap 10g	
Total Sugar 10g	
Total Protein 10g	

YOUR
PROFILE

CALORIE
BURNER

EAT &
MOVE



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STEP 2 YOUR PROFILE

Fill in the following fields to determine your current weight status as well as your specific daily energy requirements. Please note that the calculations are valid for adults only. There are currently no recommendations available for children. For lifestyle advice for youngsters, see EUFIC's **10 Healthy Eating Tips for Kids** and our dedicated website www.coolfoodplanet.org.



All fields are mandatory.

Units	<input type="text" value="Metric"/>	
Age	<input type="text" value="36"/>	Gender <input type="text" value="Male"/>
Height	<input type="text" value="178"/> (cm)	Physical activity <input type="text" value="High"/>
Weight	<input type="text" value="73"/> (kg)	Username <input type="text" value="StgB"/>
Waist circumference	<input type="text" value="82"/> (cm)	

GO





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SEND TO A FRIEND

STEP 2 YOUR PROFILE

YOUR BMI (BODY MASS INDEX) IS 23 (NORMAL)
AND YOUR WAIST CIRCUMFERENCE IS 82
CENTIMETERS

Being of normal weight and having a waist circumference below 94 cm means that you are probably not at risk for diseases such as type 2 diabetes, dyslipidaemia, hypertension and cardiovascular disease

[More info on BMI](#)

[More info on waist circumference](#)



YOUR DAILY ENERGY REQUIREMENTS ARE 3080 CALORIES

[More info on energy requirements](#)

Keep in mind: The figures displayed are estimations. They should be used as benchmarks rather than strict individual targets.

NEW PROFILE

SAVE PROFILE





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CALORIE BURNER

This section will show you 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. Remember that short actions may not burn a huge amount of calories alone, but when added together, they can make a significant difference.

All fields are mandatory.

PROFILE

Select a category

Select an activity

Enter a duration (min)

Enter frequency (times / week)

CALCULATE



YOUR
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CALORIE BURNER

PROFILE

TOTAL CALORIES BURNED

jogging 60 min 499 kcal

[EDIT](#)[DELETE](#)

STGB, YOU ARE BURNING A TOTAL OF 499 CALORIES / WEEK.

[RESET](#)[ADD ACTIVITY](#)

KEEP IN MIND:

Short actions may not burn a huge amount of calories alone, but when added together, they can result in a noticeable amount in the long term. The figures displayed are estimations. They should be used as benchmarks rather than strict individual targets.

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EAT & MOVE

In this section you will learn the basics about balancing energy in and energy out. You can use this tool after exercising to test how different foods can balance out the calories burned. You can also use it to select a food you intend to eat or have eaten and see how long you will have to perform a specific activity to balance out those calories. Enjoy experimenting with the calculator to find where the balance between your energy expenditure and your food choices will be, but don't get discouraged if you don't get it right at first!

REMEMBER: Exercise or physical activity correspond to only a part of your daily energy needs, but activity can help you be healthier and burn the extra calories to keep an adequate weight. Learn more about **energy expenditure**.



FOOD & ACTIVITY

HOW LONG SHOULD I
EXERCISE TO
BALANCE WHAT I
HAVE EATEN?



ACTIVITY & FOOD

HOW MUCH CAN I EAT
TO BALANCE WHAT I
HAVE BURNED
THROUGH EXERCISE?



FIND YOUR BALANCE

TEST IF YOU CAN GET
THE BALANCE RIGHT



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 FIND YOUR
BALANCE

FIND YOUR BALANCE

Here you can apply what you have learned by checking if what you have eaten or plan to eat and the specific activity you have done or plan to do will balance each other out or whether there is a surplus or deficit of calories. Don't get discouraged if you don't get it right at first!

REMEMBER: Activity can help you be healthier and burn extra calories to keep an adequate weight. Learn more about **energy expenditure**.

All fields are mandatory.

PROFILE

SELECT A FOOD

Enter kcal/serving of the selected food

 (kcal)

AND the number of servings you intend to eat

OR

Enter kcal/100g of the selected food

 (kcal)

AND how many grams you intend to eat

 (g)

Understand the label

SELECT AN ACTIVITY

Select a category

Select an activity

Enter a duration

 (min)

CALCULATE

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FIND YOUR BALANCE



CALORIE SHORTAGE

BALANCED

CALORIE SURPLUS

STGB, BY EATING 3 SERVINGS OF THIS PRODUCT AND PERFORMING THE SELECTED ACTIVITY (BADMINTON) FOR 120 MINUTES, YOU HAVE A SURPLUS OF 116 CALORIES.

KEEP IN MIND:

You can use this tool when planning your exercise or daily activities to test how the energy of foods can be balanced out through the energy burned or after exercise to test how foods can balance out the energy burned. It is preferable to choose foods rich in carbohydrates (to refill the carbohydrate stores of your body), rich in proteins (to help build muscle tissue) and plenty of liquids (to prevent dehydration). You do not need to burn all your daily energy needs through being active or doing exercise, but activity can help you be healthier and burn the extra calories to keep an adequate weight. Learn more about [energy expenditure](#) and about a [balanced diet](#).

The figures displayed are estimations. They should be used as benchmarks rather than strict individual targets.

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THANK YOU FOR YOUR ATTENTION!

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