

## Weight gain and weight loss

It is important to know that weight gain and weight loss are based on the calories you consume and the calories you burn. The word 'calorie' refers to the amount of energy our bodies can get from any food. Some foods have fewer calories and some have more. For example, carbohydrates (types of sugar) and proteins have 4 calories/g, whereas lipids (types of fat) have 9 calories/g and alcohol 7 calories/g.

This is why, in order to lose weight, you will have to decrease the amount of calories you eat each day and at the same time, increase how many calories you burn each day by increasing your physical activity.

Think of weight as a balance:

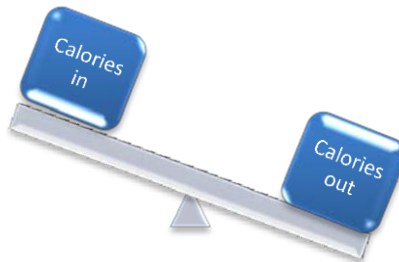
- When the calories we eat in our diet match how many calories we burn in a day, our weight stays the same.
- Weight *loss* occurs when we take in fewer calories than we are burning off.
- Weight *gain* happens when we eat more calories than we are burning off.

Weight Maintenance



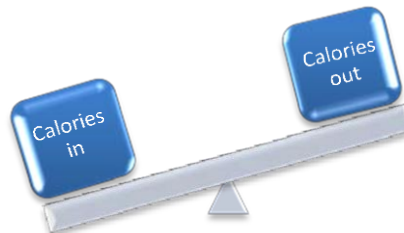
Calorie Balance  
Calories In = Calories Out

Weight Loss



Calorie Deficit  
Calories In < Calories Out

Weight Gain



Calorie Excess  
Calories In > Calories Out

| [Adapted from http://www.simpleprogram.org/](http://www.simpleprogram.org/)

