

ENERGY AND METABOLISM



Energy is necessary for life. It's not only needed to run a mile, it is responsible for every thing our body does. We receive energy from the foods we eat and it is measured in kilocalories or kilojoules. It's interesting to know that only macronutrients (plus alcohol) provide our bodies with energy.

Metabolism is the physical and chemical processes that create and use energy in the body. The break down of the food we eat and its transformation to energy is a function of metabolism. Approximately 70% of the calories we burn each day are used just to keep our organs working properly. Our metabolic rate is a measure of how fast these physical and chemical processes occur, and this is affected by both genetic and lifestyle factors.

Body composition can affect your metabolic rate – specifically the fat to muscle ratio. The more muscle you have, the more calories are used to maintain that muscle. So, those with more muscle mass generally have a faster metabolic rate.

REQUIREMENTS

As a general guideline, the daily energy intake for men and women is:

 2500 kCal

 2000 kCal

REMEMBER!

You need to adjust the amount of calories you consume each day depending on your lifestyle and goals. For example: those who are highly active tend to need to eat more. Or if you are trying to lose or gain weight you need to adjust your energy intake.

It is macronutrients (carbohydrates, proteins and fats) that contribute to your energy intake.

Healthy living tip

Complex carbohydrates are a good source of sustained energy. Combine them with protein, for energy throughout the day and to help keep you feeling fuller for longer

Healthy living tip

If you know you're going to have a late lunch, or won't be able to eat at your usual intervals, make sure you include protein in your meal for longer lasting satiety

Healthy living tip

It's a myth that skipping breakfast helps you lose weight. Skipping breakfast will not only cause a sluggish metabolism, it often causes you to desire sugary, unhealthy foods mid-morning - leading to weight gain!

