



Fact Sheet 11

Weight Loss

KEY POINT

To lose body fat you must be in energy deficit i.e. you must be eating fewer Calories from foods than your body is using for its metabolism and for physical activity.

WEIGHT GAIN

To put on 1 kilogram (2.2lbs) of body fat requires the excess consumption of 10,000 Calories. This is equivalent to 37 bars of chocolate, 25 hamburgers, 54 pints of beer, 135 chocolate digestive biscuits and so on. Most people do not become overweight by bingeing on these foods rather the process is more gradual. If a person eats an extra 55 Calories/day for a period of 10 years, all other things being equal this would result in a fat gain of about 20kg (about 3 stones).

WEIGHT LOSS

It is actually easier to lose fat than to gain it. It requires an energy deficit of 7000 Calories to lose 1 kilogram (2.2lbs) of body fat. In other words if a person ate 1000 Calories a day less than they were burning off for 1 week they should (all other things being equal) lose 1 kilogram (2.2lbs) of fat.

TIP: People who lose weight gradually over time say about 2lbs/ week) are more likely to maintain their weight loss than those who lose a lot of weight quickly.

DID YOU KNOW

The guideline daily amount of energy (Calories) for women are 2000 Calories/day and for men 2,500 Calories per day.

These are average figures and some people may need more and some less than this.

The units of energy are Calories or kilocalories and kilojoules.

1 Calorie is approximately equal to 4.2 Kilojoules.



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