

# ENERGY BALANCE



# DAILY ENERGY NEEDS (DEN)

$$\text{DEN} = \text{ENERGY OF THE BASAL METABOLISM} \times \text{PAL (physical activity level)}$$

- Energy of the basal metabolism - men:  
 $66.47 + (13.75 \times W) + (5.03 \times H) - (6.75 \times A)$
- Energy of the basal metabolism - women:  
 $655.10 + (9.56 \times W) + (1.85 \times H) - (4.68 \times A)$

legend:

W-Weight

H-Height

A-Age

Units:kcal/day

1kcal=4.186kJ=4.2kJ

Physical activity level:

Sitting/lying all day (1.2)

Seated work, no exercise (1.3)

Seated work, light exercise (1.4)

Moderately physical work, no exercise (1.5)

Moderately physical work, light exercise (1.6)

Moderately physical work, heavy exercise (1.7)

Heavy work / heavy exercise (1.8)

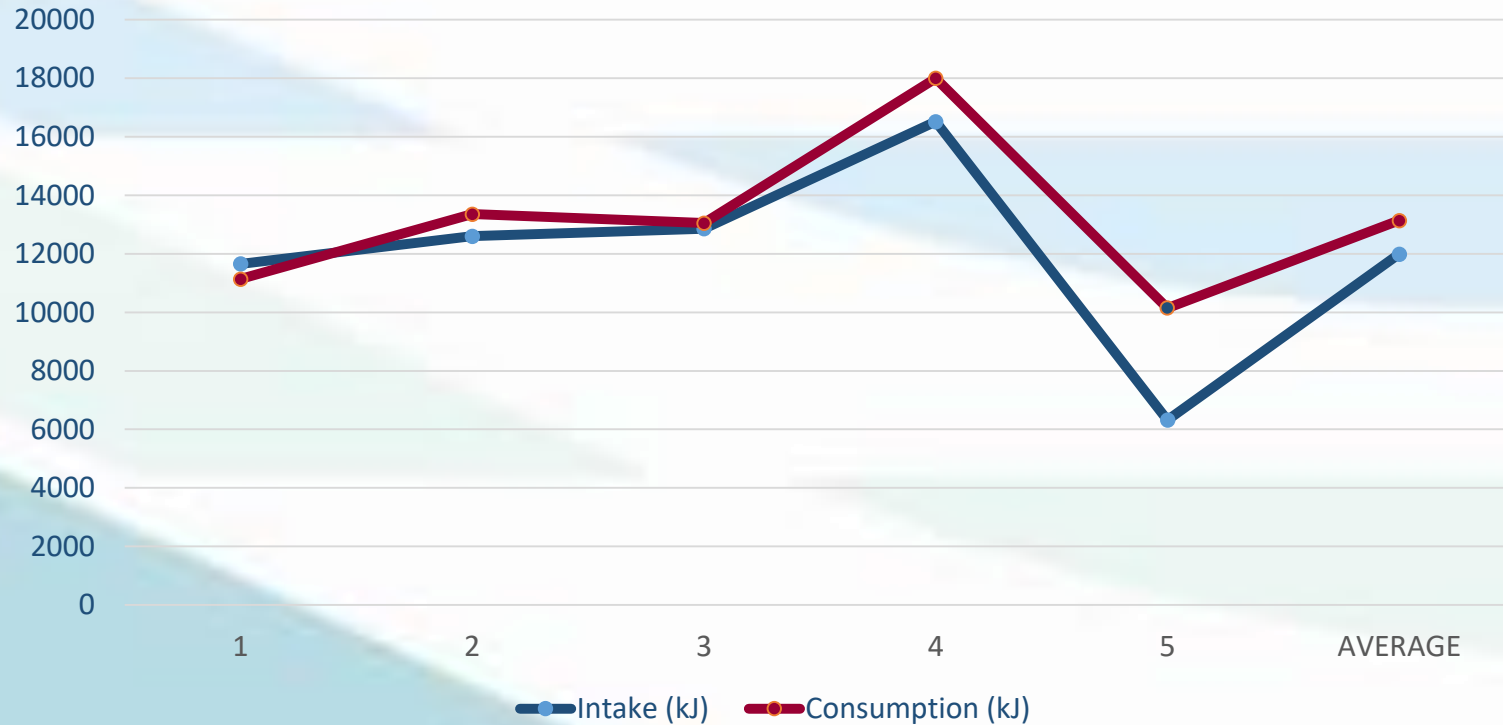
Above average physical work / exercise (2.0-2.4)

# Activities



# Comparison between intake and consumption

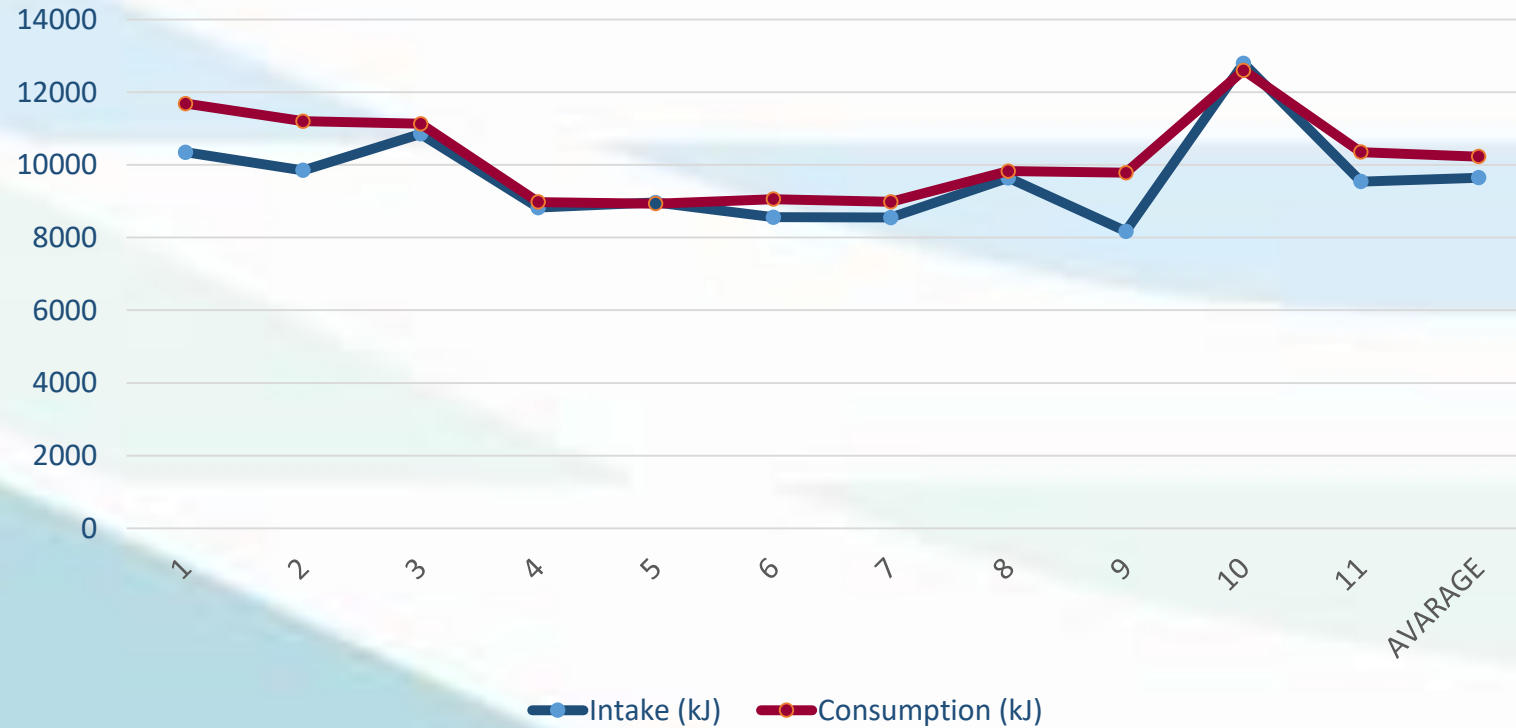
MALE:



PERSON	1	2	3	4	5	AVERAGE
INTAKE (kJ)	11655	12600	12855	16514.7	6317.1	11988.4
CONSUMPTION (kJ)	11137	13353.8	13050	17997.9	10141.3	13136

# Comparison between intake and consumption

FEMALE:



PERSON	1	2	3	4	5	6	7	8	9	10	11	AVERAGE
INTAKE (kJ)	10350.5	9850	1085.5	8827.5	8967	8560.5	8550.5	9643.7	8175.4	12799.3	9542.4	9647.4
CONSUMPTION (kJ)	11687.6	1120.5	1113.3	8977.9	8936.5	9057.7	8981.9	9828.8	9785.9	12605.9	10354.5	10232.2

# Members of the project



# Improvements

