

Calories into
the body
through food
and drink

~ 30 %

~ 50/50

~ 70 %

Physical activity and movement

Resting metabolic rate (RMR)

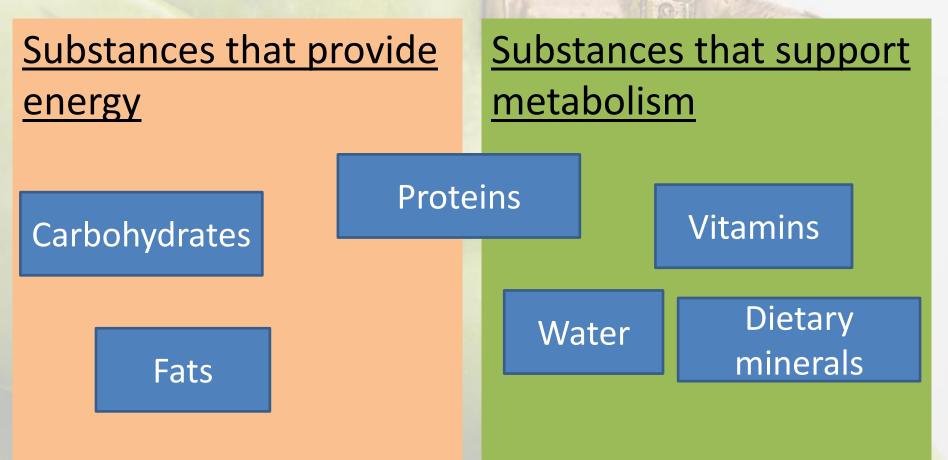
Energy in

Energy balance

Energy out

Essential nutrients

 They provide energy and building blocks for body tissue



Good food, good mood

- Eating food is not just about refueling your body affects mental and social well-being
- Eating good food brings pleasure and improves you mood
- Sharing a meal with people around you brings you together and gives you a chance to talk, socialize and bond

Fluid balance and hunger

- Thirst is a signal of fluid imbalance in our body
- Need of water is increased by climate, doing sports and different medical conditions (fever, vomiting or diarrhea)
- Hunger is usually a signal of energy imbalance
- Smell or mental images of good food can induce hunger
- Anxiety, hurry, flu or stomach flu can decrease feeling of hunger

Ponder this...

- How are eating habits culture related?
- You might have experiences of eating in different country? What was different?