

Energy Balance

Energy **IN** suggestions:

- Eat food portions no larger than your fist.
- Eat a low-fat, high-fiber breakfast.
- Cut high-calorie foods such as cheese and chocolate into smaller pieces to eat less.

Energy **OUT** suggestions:

- Get on a regular exercise schedule for yourself.
- Make physical activity part of your family's weekly events.

To stay fit, you must balance the amount of energy (calories) that goes into your body and the energy that you expend. Although your energy **IN** and **OUT** does not have to balance each day, the balance over time affects your weight.

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