

parent tips

Energy Balance: ENERGY IN & ENERGY OUT

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How to do the worksheet

Look at the meals on the next page.

- For each meal, find the ENERGY IN. Those are the calories you get from eating the meal.
- Look at the ENERGY OUT Table. It lists physical activities and the calories burned for each.
- Choose an activity for each meal. Write it in the blank.
- Figure out how long you need to do the activity to burn the calories from the meal. Write that in the blank.

Here's an example:

Let's say you have a **turkey sub meal** and you choose the **jump rope** activity.

To balance ENERGY IN and ENERGY OUT, you need to burn about 750 calories.

The ENERGY OUT Table says jumping rope for 15 minutes burns 150 calories.

To burn about 750 calories, you would need to jump rope for 15 minutes, 5 times—for a total of 1 hour and 15 minutes.



Energy In Meals

Now it's your turn. Balance the ENERGY IN and ENERGY OUT for these meals.

307 calories

MEAL 1:
Whole-grain cereal (1 cup), Fat-free milk (1 cup), Banana

activity:

662 calories

MEAL 2:
Baked fish (3 ounces), Green beans, Rice (1 cup), Low-fat frozen yogurt

activity:

1290 calories

MEAL 3:
Fast food double cheeseburger, Large french fries, Large regular soda (32 ounces)

activity:

Energy Out Physical Activity

These activities all burn about 150 calories. Activities that take more effort take less time to burn 150 calories. Easier activities take longer to burn 150 calories.

less effort
more time



Push a stroller 1½ miles
in 30 minutes



Rake leaves
for 30 minutes

more effort
less time

Shovel snow
for 15 minutes

Wash and wax car
for 45–60 minutes



Shoot baskets
for 30 minutes

Walk 1¾ miles
in 35 minutes



Play touch football
for 30 minutes

Jump rope
for 15 minutes

NEIGHBORHOOD ACTIVITIES
SPORTS ACTIVITIES



Note: Calories burned are for a healthy 150-pound person. Lighter people burn fewer calories than heavier people doing the same activity.
Source: http://www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyou.do.html

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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