

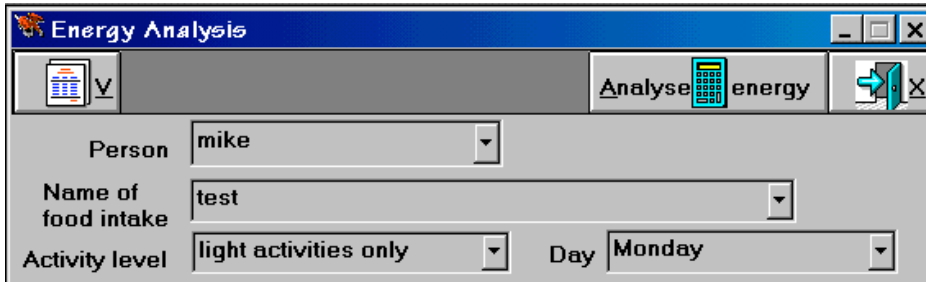
How do I compare the energy used in my activities with my food intake?

From the main menu bar,




select Activities, then select Energy analysis.

A window as shown below is displayed:



Select the person, a food intake for that person, an activity level and the day you want to do an energy analysis for.

Click . The details will be displayed, as shown below

Weight:		<u>BMI recommended weight range</u>	
Current	75.00 kg.	Between	64.79 kg. and 81.00 kg.
Energy intake:		Energy usage	
Recommended	13055 kJ	Basal metabolism level	7253 kJ
From food intake	13744 kJ	Extra activities	12429
% of recommended	105 %	Total energy usage	19682 kJ
		% of Energy intake	143 %

These details show:

- the person's current weight, and the weight range they should be within, based on BMI values. BMI stands for Body Mass Index, and is the person's weight in kg divided by the square of the person's height in metres. Normal BMI range is 20 to 25.
- the energy obtained from the food intake on the day specified, compared with the person's recommended daily energy needs, based on the activity level specified, and
- the energy used by the person based on the activities performed on the day specified compared with energy intake.

This information shows the person's energy balance. In general terms, if the energy intake is less than the energy usage then the person is likely to lose weight over a period of time, and if the energy intake is greater than the energy usage then the person is likely to gain weight.

Note: If you click  you can obtain a preview of the energy analysis report, which you can then send to your printer.