

WHERE ARE THE CALORIES?

To maintain, increase, or lose weight, the amount of calories we consume (Energy IN) should equal, exceed, or be less than the amount we burn (Energy OUT), respectively.

To lose 0.45 kg of weight a week, we need to achieve a deficit of 3,500 calories (kcal) per week. This can be from the food and beverages we consume (Energy IN), from the calories we burn through our activities (Energy OUT), or both.

For overall health, we are advised to eat healthily and be physically active on most days.

Adults: Aim for ≥ 150 minutes of moderate-intensity aerobic activities every week.

Children: Aim for ≥ 60 minutes of moderate-intensity aerobic activities every day.



Estimated number of minutes needed by a 65 kg person to burn off the calories in a serving of food, by performing the various activities Calories per serving of food (kcal)

ESTIMATED CALORIES BURNED PER KG PER MINUTE OF ACTIVITY (KCAL/KG/MIN)

Light housework	0.060
Brisk walking or Golf (carrying clubs)	0.072
Badminton	0.076
Cycling (light - moderate effort)	0.108
Tennis (singles)	0.125
Jogging (8 km/hr)	0.138
Swimming (breaststroke)	0.170
Rope jumping	0.196

1 To calculate the number of calories you would burn by performing an activity:

Estimated calories burned per kg per minute of activity (kcal/kg/min) x your body weight (kg) x time taken for an activity (min)

Example: If you weigh 50 kg, and brisk walk for 30 minutes, the number of calories you would burn
= 0.072 kcal/kg/min x 50 kg x 30 min = **108 kcal.**

2 To calculate the amount of time you need to perform an activity, in order to burn off the calories in a serving of food:

Calories in a serving of food (kcal)

Estimated calories burned per kg per minute of activity (kcal/kg/min) x your body weight (kg)

Example: If you weigh 50 kg, the amount of time you would need to cycle in order to burn off the calories in a serving of chicken rice

$$= \frac{607 \text{ kcal}}{0.108 \text{ kcal/kg/min} \times 50 \text{ kg}} = 112 \text{ minutes or 1 hour 52 minutes.}$$