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Chapter 8 Section 1 Food and Your Body Weight Balancing Energy Intake with Energy Used • Some body fat is essential for health • 4% of total body weight for males • 10% of total body weight for females • ENERGY BALANCE: when the food energy you take in equals the energy you use.

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192 CHAPTER 8 Weight Management and Eating Behaviors Food Provides Energy Carbohydrates, fats, and proteins are the energy-giving nutrients. This energy is measured in units called Calories. The amount of energy in a certain food depends on how much carbohydrate, fat, and protein the food contains. Carbohydrates and proteins each provide 4 Calo-

CCHAPTER 8CHAPCHAPTER 8 Weight Management and Eating Behaviors

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