



ENERGY.

FACTORS AFFECTING TOTAL ENERGY REQUIREMENT OF THE BODY.

FACTORS AFFECTING CALORIE DEMAND.

- AGE AND BODY PROPORTION.
- OCCUPATION.
- SEDENTARY WORKER.
- MODERATE WORKER.
- 3. ENVIRONMENT.
- 4. GENDER.
- 5. SPECIAL CONDITIONS.
- PREGNANCY AND LACTATION.

BASAL METBOLISM RATE (BMR)

- EG. IF WEIGHT = 50 KG,
TOTAL CALORIE REQUIREMENT = 1 CALORIE X WEIGHT X 24(HOUR)
= 1 X 50 X 24. = 1200 CALORIE.

FACTORS AFFECTING BASAL METABOLISM.

1. BODY PROPORTION.
2. BODY WEIGHT.
3. AGE.
4. GENDER.
5. SLEEP.
6. FASTING.
7. DAILY ACTIVITY.
8. FEVER.
9. ENVIRONMENT.
10. SPECIAL CONDITIONS.

CALORIE DEFICIENCY

- UNDERWEIGHT.
- LACK OF ACTIVITIES.
- IMPACT ON DEVELOPMENT.
- OBESITY

BALANCED DIET



