

Calories In < Calories Out: What's the Fuss?

Questions to ponder

- How many pounds of fat can a person lose in one day?
Week? Month?

Definitions

weight: measure of the force of gravity on a body; equal to the product of the object's mass and the acceleration of gravity; a measure of the heaviness of an object.

fat: adipose tissue; stored energy

body fat: a normal constituent of the human body that serves the function of storing energy for metabolic demands and protecting the body's soft tissues (ie organs)

body fat percentage: the percentage of a person's body mass that is not made up of either bones, muscles, organs, or water

BMI: Body Mass Index; calculation that shows the relationship between a person's height and weight

calorie: the quantity of heat required to raise the temperature of 1 gram of water by 1°C

metabolism: a collection of chemical reactions that takes place in the body's cells; specific proteins in the body control the chemical reactions of metabolism, and each chemical reaction is coordinated with other body functions

BMI Calculation Formula

$$\text{BMI} = \frac{\text{weight (pounds)}}{\text{height squared (inches)}} \times 703$$

The Fat Loss Equation: Calories In < Calories Out

Calories In	Calories Out
Fuel sources: Carbohydrates 4cal/gram Fats 9 cal/gram Proteins 4 cal/gram	Metabolism Activity