

Energy balance as a main factor in weight loss

The energy balance is the balance of the energy of the body. As in any other balance, it reflects the situation between intake and expenses of energy character.

We can speak about three types of balances.

On the one hand, the good balance means that the energetic income that is given is equal to the total daily energy expense. On the other hand, the positive balance means that energy intake is higher than energy expense, which is translate into energy for the growth and fatty deposits. Finally, we find the negative balance, which means that the energy intake is less than energy expense, which results in a depletion of the body mass.



The balance between the energy needs and caloric intake is the main determinant the weight of the body.

When there is a positive balance and the diet provides more energy than necessary, the excess is stored as fat leading to overweight and obesity.

When the energy intake is less than the expense, the body fat and the protein is used resulting in a decrease in weight and malnutrition.

The body weight did not allow us to specifically to know the fat and protein compartments, but it is a key anthropometric measure for the health of the guy. A proper weight speaks about a good nutritional status.

The desirable weight calculation can be performed through IMC or height-weight tables.

“The real secret to know how to lose weight in a healthy way is to make small changes gradually, and it must be durable. The key is to forget about instant results and transform these small recommendations in habits.”