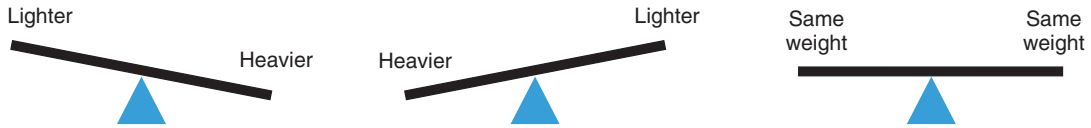
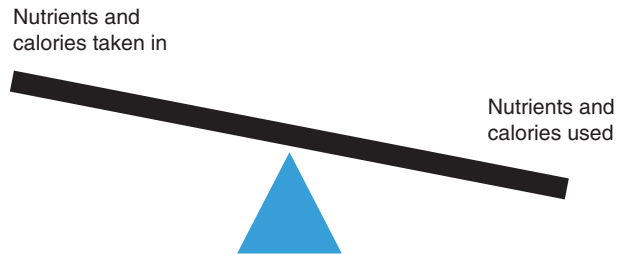


# Energy Balance

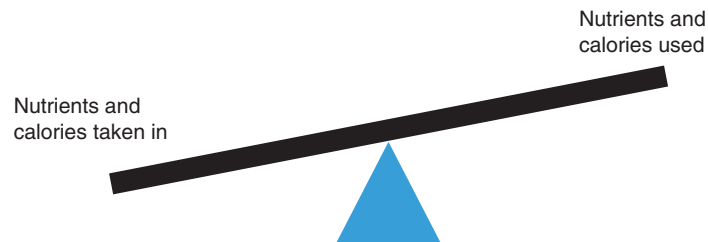
On teeter-totters, the lighter side goes up and the heavier side goes down.  
When both sides are equal, the board is level.



## Not enough nutrients and calories



## Too many nutrients and calories



## Nutrient and calorie balance



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).