

CHAPTER 10

ENERGY BALANCE AND WEIGHT CONTROL

OVERVIEW

This chapter first addresses energy balance including energy intake and expenditure. Factors that contribute to energy expenditure and ways to determine it are described. Energy imbalances and determining a healthy body weight are discussed with considerable time devoted to diagnosing obesity. An emphasis is placed on the fact that obesity is multicausal, with both heredity and environment playing roles. Arguments for and against the Set Point Theory are presented. The discussion of obesity treatment emphasizes controlling energy intake, increasing energy expenditure, and modifying behavior. Principles for a sound weight-loss plan are discussed. Information on current popular diets is provided along with tips on how to recognize a "fad" diet. Suggestions for obtaining professional help and managing morbid obesity, including medications and surgery, are provided. Lastly, treating underweight is discussed.