

## **CHAPTER 10**

### **ENERGY BALANCE AND WEIGHT CONTROL**

#### **KEY TERMS**

Air Displacement	Food Insecurity	Resting Metabolism
Amphetamine	Fraternal twins	Self-monitoring
Basal metabolism	Gastroplasty	Set Point Theory
Bioelectrical impedance	Identical twins	Stimulus control
Body mass index (BMI)	Indirect calorimetry	Thermic effect of food
Bomb Calorimetry	Lean body mass	Thermogenesis
Chain-breaking	Lower body obesity	Thrifty metabolism
Cognitive restructuring	Negative energy balance	Underwater weighing
Contingency management	Nonexercise activity thermogenesis (NEAT)	Underweight
Direct calorimetry	Positive energy balance	Upper body obesity
Dual Energy X-ray Absorptiometry (DEXA)	Relapse prevention	Very-low-calorie diet (VLCD)
Energy balance		