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Home Visit
Weight Man-

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"we come to you!"

Stop & think – before you eat & drink

METABOLISM / WEIGHT LOSS-

HOW YOU BURN KILOJOULES-

Many people believe that a slim person's metabolism is high and an overweight person's metabolism is low. But this isn't usually the case, metabolism alone doesn't determine your weight.

Your weight is dependent on the balance of kilojoules consumed versus kilojoules burned. When you eat more kilojoules than your body uses you gain weight.

Metabolism is the process that enables the body to burn kilojoules. It is the process by which the body converts food into energy. During this biochemical process kilojoules from carbohydrates, fats & proteins are combined with oxygen to release the energy your body needs to function.

The number of kilojoules your body burns each day is called your total energy expenditure, TEE. There are 3 factors which affect your TEE.

Total Energy Expenditure(TEE)-

- * Basic Needs—even at rest your body needs energy for breathing, blood circulation, adjusting hormone levels & growth & repair of cells. This is called your Basal Metabolic Rate & uses 65-75% of the kilojoules consumed.
- * Food Processing—digesting, absorbing, transporting & storing the nutrients from foods also requires energy. This process uses about 10% of the kilojoules consumed.
- * Physical Activity—the remaining 15-25% of kilojoules consumed must be utilised for daily activities or the body converts the excess to fat for storage.
- * Simple Weight Loss Equation
Eat less kilojoules/burn more kilojoules = weight loss.

VEGETABLE FRITTATA: Serves 4

Ingredients:

1 Tbl. Vegetable Oil	4 mushrooms, sliced
1 onion, diced	4 eggs
1 zucchini, sliced	4 Tbl. Skim Milk
1 tomato, diced	1 Tbl. Freshly chopped herbs
Season to taste	1 Tbl. Grated Parmesan Cheese

Method:

1. Heat oil in non stick pan and cook vegetables until tender.
2. Transfer vegetables to a greased baking dish.
3. Lightly whisk eggs, milk & seasoning & pour over vegetables.
4. Sprinkle top with cheese & herbs & bake in oven until golden & set.
5. Serve warm with a green salad for a light lunch.

FOR SALE

- Pocket Dieters Diary \$5.00
- Easydiet Cookbook, The Low Fat Way \$5.00
- Mini diet scale \$10.00
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