

HEALTH & FITNESS CHALLENGE CARDS

Kilojoule facts

- A kilojoule and a calorie are units of measurement which refer to how much energy food contains, or how much energy is burned during daily activity and exercise.
- 1 calorie is the amount of heat required to raise 1 gram of water by 1 degree Celsius at atmospheric pressure
- 1 calorie = 4.18 kilojoules
- If you eat more food (energy) than you burn, excess food will be stored as body fat.
- 1 kilogram of body fat = 37,000 kilojoules
- To lose 1 kilogram of body fat each week, you therefore need to burn an extra 5,000 kilojoules per day.
- The energy value per gram of food components include:

FAT	37 KJ
ALCOHOL	29 kJ
CARBOHYDRATE	16 kJ
PROTEIN	17 kJ
DIETARY FIBRE	13 kJ
WATER	0 kJ

- Energy requirements are variable between individuals
- Growing children and adolescents need more kJ than adults
- Active people need more energy and therefore more kilojoules
- Muscles needs more kJ than fat to 'work', therefore strong people burn more energy and need more kJ in their food intake
- Maintaining muscles strength and exercising throughout life allows you to consume more kJ