

Energy Fact Sheet for the Nutrition Education Leader

Why does the body need energy?

- *To maintain our body functions (such as heart beat, breathing, brain working)
- *To support growth
- *To maintain body temperature
- *To support physical activity

Does the body need energy all the time?

Yes, our body needs energy 24 hours a day. At each particular time, however, the amount of energy needed will vary according to the amount of physical activity. The energy needs of the body are much higher during strenuous exercise than when doing light work, or sleeping. Therefore, prolonged or strenuous exercise is helpful in controlling body weight.

What are calories?

Calories are units of heat energy. When we talk about food and Calories (kcal), we are comparing the energy content of various foods.

What food components provide us with energy?

Every food we eat provides energy, but in different amounts. It is the proteins, fats, and carbohydrates in our food that are used by the body as sources of energy. Other components of food such as water, minerals, vitamins and fiber do not provide energy.

How much energy do you need?

The number of calories you need as an individual depends on your body size, the amount of your physical activity and how efficiently your body burns the food.

How much energy does my formula give me?

Phenyl-Free 1 = 500 kcal / 100 gms powder
Phenyl-Free 2 = 410 kcal / 100 gms powder



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