

# NUTRITION SNACKS THE IMPACT OF EATING TOO LITTLE

Eating too little, is something that comes up a lot with members, especially those who believe that less can equal more weight loss. This isn't necessarily the case,

so it's good to be able to explain why and help them to understand the impact that it could have.

## ENERGY BALANCE

First of all let's touch briefly on the energy balance equation which you will all be very familiar with. On one side of the equation we have energy in, which is kilojoules from food and drink as well as essential nutrients including vitamins and minerals the body uses.

On the other side we have energy out, which is made up of the energy that your body uses to keep you alive—for example breathing, digesting food, pumping blood—plus the energy you use from moving. Even if you didn't move, your body is using energy to function. This is your resting metabolic rate which is different for everyone and depends on your gender, age, weight, body composition and genetics.

For weight loss, the idea is to take in less energy or kilojoules than your body uses each day so the scales tip to the left. But it is a fine balance, because your body still needs to function efficiently to keep you alive.

So what happens if the scales tip too far to the left and energy intake is reduced too much? Will you lose more weight? Quite possibly initially, however there are two main impacts of doing this in the long term.

## IMPACT ON HEALTH

If you're not eating enough, chances are you're not getting enough nutrients leading to deficiencies such as anemia. Additionally a lack of nutrients and energy can lead to fatigue, headaches and dizziness, mood changes, hair loss, reduced immunity, skin problems and altered menstrual cycle for women.

## IMPACT ON WEIGHT LOSS

While reducing your energy intake can promote weight loss initially, reducing too far can slow weight loss in the long term.

Your body needs a certain amount of kilojoules to function each day – as mentioned previously, every process in your body that keeps you alive uses energy as does all of the extra movement you do. Your body is very clever and efficient, so if it doesn't get enough energy in the way of kilojoules in, it can slow down your metabolism, or the rate at which you burn energy, in order to conserve energy and still carry out all of the important processes that keep you alive. Your body can then do more with less kilojoules. The overall impact of this can be slowed or no weight loss at all.

A good way to picture it is that your body has an internal furnace that needs constant fuel to keep burning. If you stop adding the fuel, the fire will dwindle and eventually burn out.

## JENNY CRAIG MENU

At Jenny Craig our members are given a kilojoule level based on the gender, age, weight and activity level, with the aim of reducing energy enough to lose weight but still fueling the body with enough nutrients to function efficiently.

**Remember that kilojoules aren't necessarily the enemy - they are essential to a healthy life.**

## KEY MESSAGES

- 1 The balance between reducing kilojoules for weight loss and still fuelling the body enough to function efficiently is important
- 2 Eating too little can cause health issues such as nutrient deficiencies, fatigue, headaches/dizziness, mood changes, hair loss, reduced immunity, skin problems and altered menstrual cycle for women.
- 3 Eating too little can also affect weight loss efforts in the long term by slowing metabolism
- 4 We provide our members with a kilojoule level to promote weight loss but also enough fuel for the body to function efficiently.