

About kilojoules (kJ)

We get energy from almost all food and drink.

The energy is measured by the number of kJ (kilojoules) the food or drink provides. Energy used for daily activity is also measured in kJ.

It used to be measured in **Calories**: 1 Cal is equal to 4.2 kJ.

Some food and drinks have more kJ and others have fewer kJ. The differences result from different ingredients, preparation methods and serving sizes.

Balance: energy in | energy out

We all need energy from food to keep our bodies working and for doing physical activities.

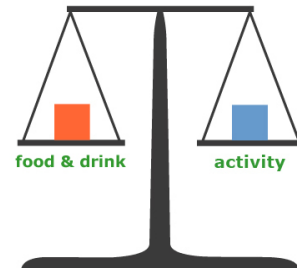
kJ that aren't used each day get stored in our body as fat and we gain weight.

Maintaining a **healthy weight** means balancing how many kJ we eat and drink with the energy we use.

How many kJ each person needs each day differs from person to person.

- People need more kJ if they are active, and fewer kJ if they don't do any regular physical activity.
- They also need different amounts at different ages and stages in their life, depending on if they are male or female and their genetics.

Knowing how many kJ are in the food and drink we consume helps us achieve **balance** and maintain a healthy weight.



How many kJ make a difference?

Reducing the kJ we eat and drink every day, or doing more exercise every day, can make a difference. For example, reducing the kJ we eat and drink by just 100 kJ every day, or burning up an *extra* 100 kJ through exercise every day, can mean that you lose 1 kg of body fat after a single year.

You can achieve that by:

- swapping a big food or drink serve for a smaller one
- swapping full fat for low fat or skim milk
- swapping a high sugar food or drink for an artificially sweetened or 'low-cal' one or for water
- swapping a fried food for a fresh one
- having fewer kJ at other meals
- doing more activity when you eat more kJ – it is recommended that adults do *at least* 30 minutes of moderate to vigorous physical activity most days.

A 30-minute brisk walk burns about 600kj, while a 3 km jog burns about 1500kj for an average Australian adult.

Small changes can make a **big difference!**

Total kJ each day

8700 kJ is an average daily energy intake for an Australian adult. It's the total intake of energy from all food and drinks consumed for a whole day, on average. Some people need less than this and others need more, depending on whether they are male or female, their regular activity level, age, size and genetics.

- We can use the average *daily* energy intake to help decide how many kJ we will consume *each time* we eat and drink throughout the day.
- If we have more kJ at one meal, we might have to have fewer kJ at another meal that day.

For example:

Example 1		
	% of daily intake	kJ
Breakfast	30%	2610
Snack	10%	870
Lunch	30%	2610
Evening meal	30%	2610
<i>Total</i>	<i>100%</i>	<i>8700</i>

Example 2		
	% of daily intake	kJ
Breakfast	20%	1740
Coffee	5%	435
Lunch	25%	2175
Snack	10%	870
Evening meal	30%	2610
Snack	10%	870
<i>Total</i>	<i>100%</i>	<i>8700</i>

For more information & links to healthy eating sites:

- visit www.fastchoices.foodauthority.nsw.gov.au

Prepared in association with:

NSW Food Authority & NSW Department of Health.