

# Energy Balance in an Obese World: Science & Clinical Applications

## Selected References

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Gardner CD, Kiazand A, Alhassan S, Kim S, Stafford RS, Balise RR, Kraemer HC, King AC. Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women: the A TO Z Weight Loss Study: a randomized trial. *JAMA.* 2007 Mar 7;297(9):969-77.

Mayer J, Roy P, Mitra KP. Relation between caloric intake, body weight, and physical work: studies in an industrial male population in West Bengal. *Am J Clin Nutr.* 1956 Mar-Apr;4(2):169-75.

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## Additional Resources

**Academy of Nutrition and Dietetics.** Position Paper: Weight Management. 2009.  
<http://www.eatright.org/About/Content.aspx?id=8382&terms=weight+management+position+paper>

**Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans.** Energy Balance and Weight Management. 2010.  
<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/DGAC/Report/D-1-EnergyBalance.pdf>

**International Food Information Council.** The Experts Weigh In: Proceedings from the IFIC Expert Roundtable on Energy and Calorie Balance. February 2012.  
[http://www.foodinsight.org/Newsletter/Detail.aspx?topic=The Experts Weigh In Proceedings from the IFIC Expert Roundtable on Energy and Calorie Balance](http://www.foodinsight.org/Newsletter/Detail.aspx?topic=The_Experts_Weigh_In_Proceedings_from_the_IFIC_Expert_Roundtable_on_Energy_and_Calorie_Balance)

**Tools from the Beverage Institute For Health & Wellness.**  
[http://www.beverageinstitute.org/en\\_US/pages/tools.html](http://www.beverageinstitute.org/en_US/pages/tools.html)

- BMI Calculator for Adults
- Calories Burned Calculator
- Calorie Needs Calculator for Adults
- Beverage Calorie Comparison Tool