

## Patient Information Sheet

Patient Name: \_\_\_\_\_

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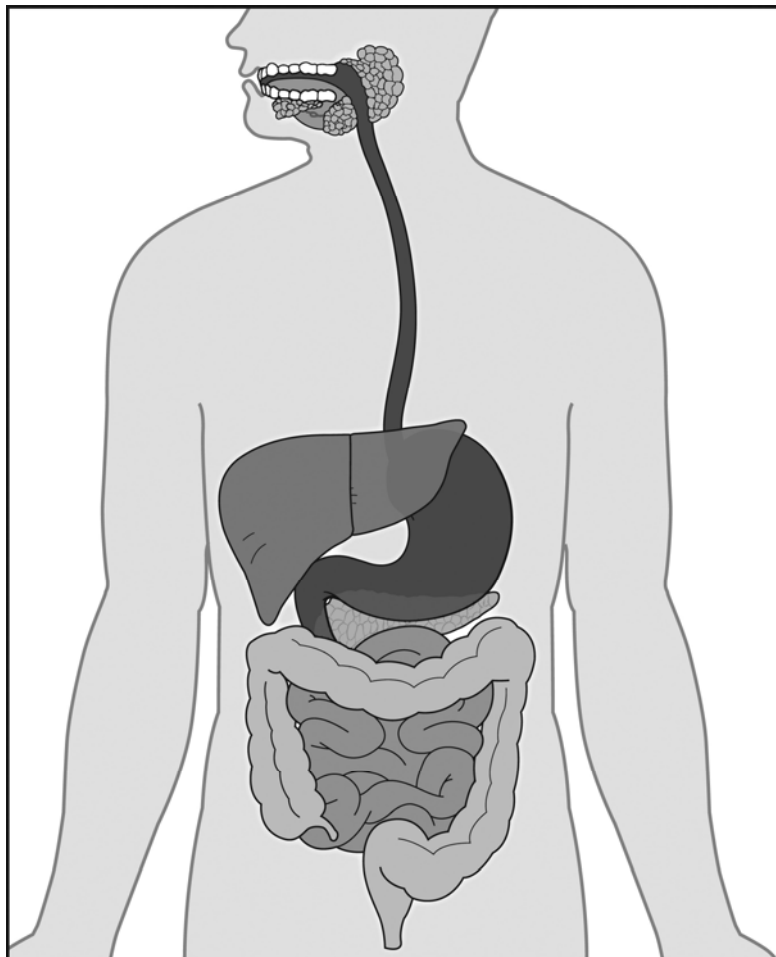
Box 1: Describe why a healthy energy balance is important.

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Box 2: How energy balance is determined?

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Box 3: The parts of the digestive system



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Box 4: How people use energy

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Box 5: Results of patient analysis

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Box 6: Recommendations on how to achieve a healthy energy balance