

TOTAL ENERGY EXPENDITURE (TEE)

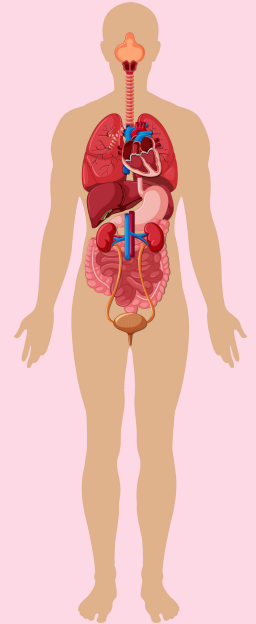
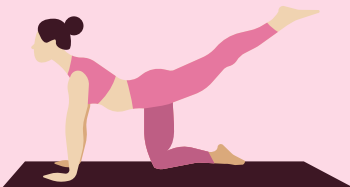


THERMAL EFFECT OF FOOD
10%

NON-EXERCISE ACTIVITY
15%



PHYSICAL ACTIVITY
15%



BASAL METABOLIC RATE
60%