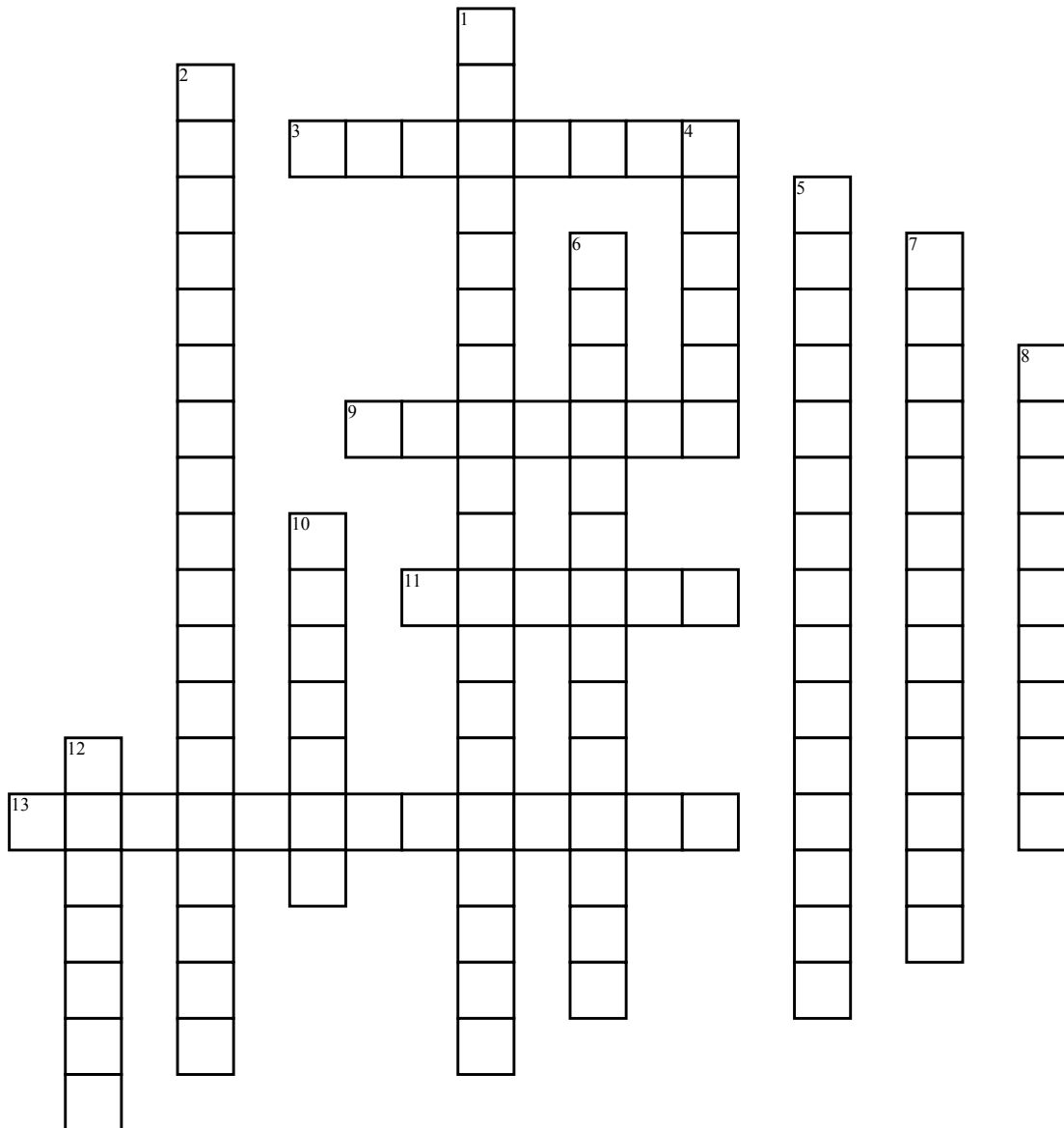


Energy Balance and Obesity



Across

- 3.** Is a product of sensory stimuli and perceived pleasure
- 9.** increases the risk of multiple chronic diseases and premature death.
- 11.** This hormone is produced primarily by adipose (fat) tissue and has a role in long-term energy balance.
- 13.** energy needed to digest, absorb, and metabolize nutrients in our food.

Down

- 1.** is the energy needed to digest, absorb, and metabolize nutrients in our food.
- 2.** indicates body fat distribution and the presence of excess visceral fat
- 4.** The capacity to do work
- 5.** energy expenditure required to maintain the essential functions that sustain life

- 6.** the amount of energy individuals expend in physical activity per day and is the most variable component of TEE
- 7.** BMI
- 8.** sense of fullness we feel while eating and leads to the termination of a meal
- 10.** a unit of measure, is defined as the energy required to raise 1 gram of water 1°C.
- 12.** This hormone stimulates hunger by activating specific neurons in the brain