



Ms MaryRose Spence

New Zealand Registered Dietitian

Friday, August 09, 2019

(Plenary)

17:45 - 18:00 Regulation of Energy Balance: The Challenge of Weight Management

Regulation of Energy Balance: the Challenge of Weight Management

MaryRose Spence BHSc
Registered Dietitian



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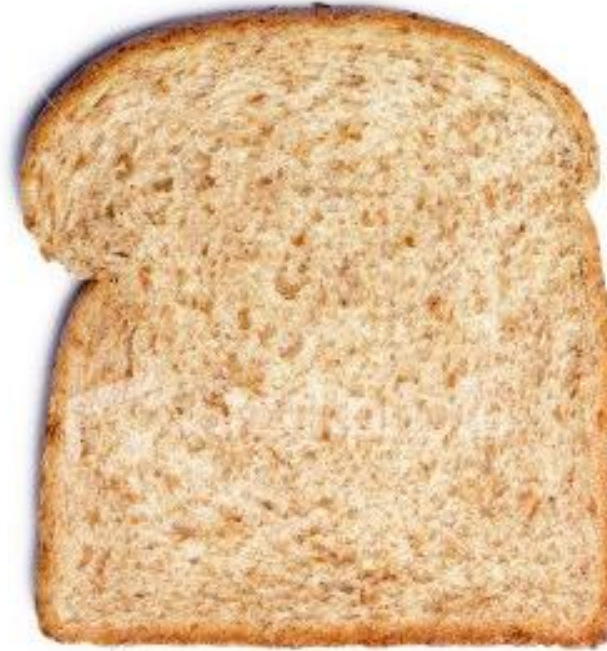


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10 Almonds

=



1 slice of bread



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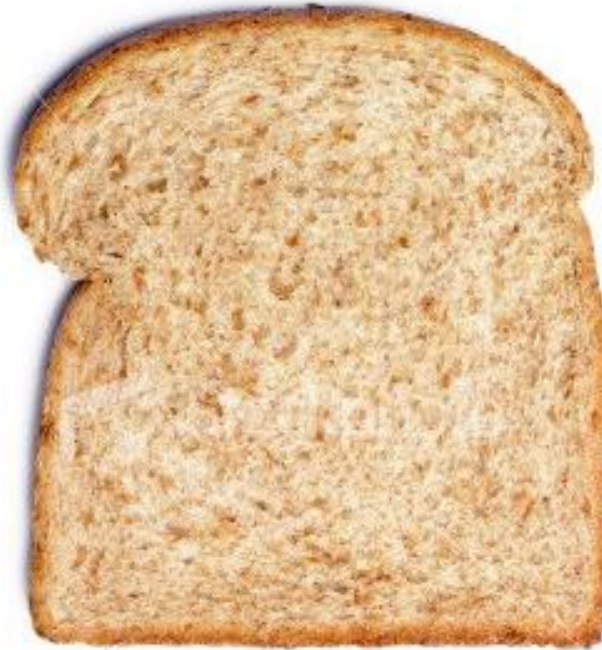


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¼ Bagel

=



1 slice of bread



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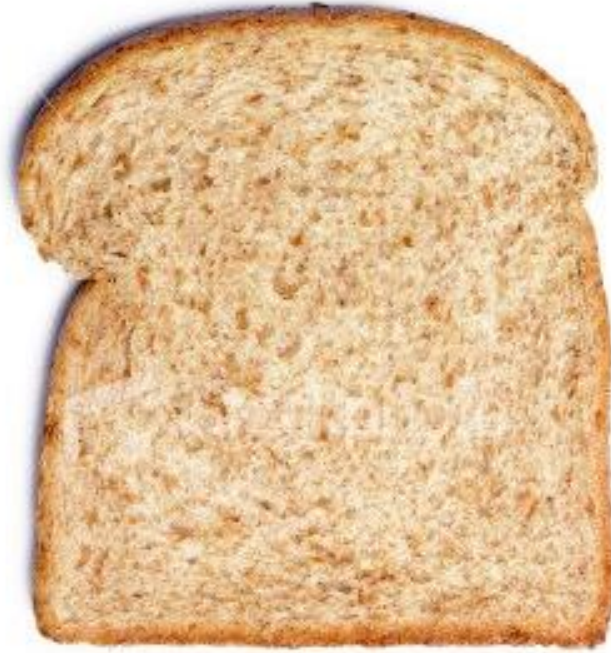


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9-10 Cashews

=



1 slice of bread



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100g meat / chicken
= **double** the kilojoules of
100g potato, rice or pasta.



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MaryRose Spence BHSc
NZ Registered Dietitian

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