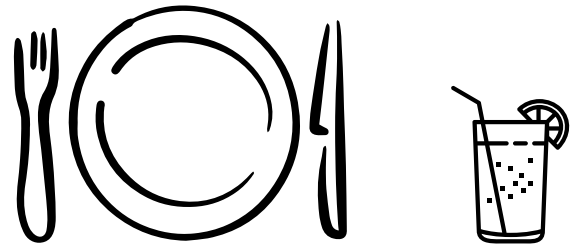


VU CHEW Program

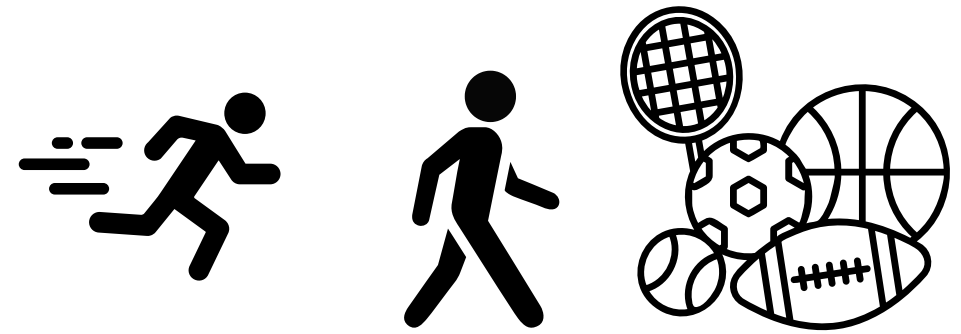
(Cooking, Healthy Eating, and Wellness)

Energy balance



Energy in

food and fluids

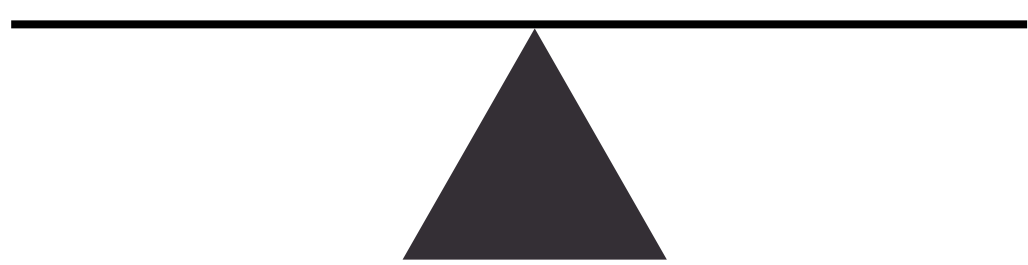


Energy out

activity

Energy in

Energy out

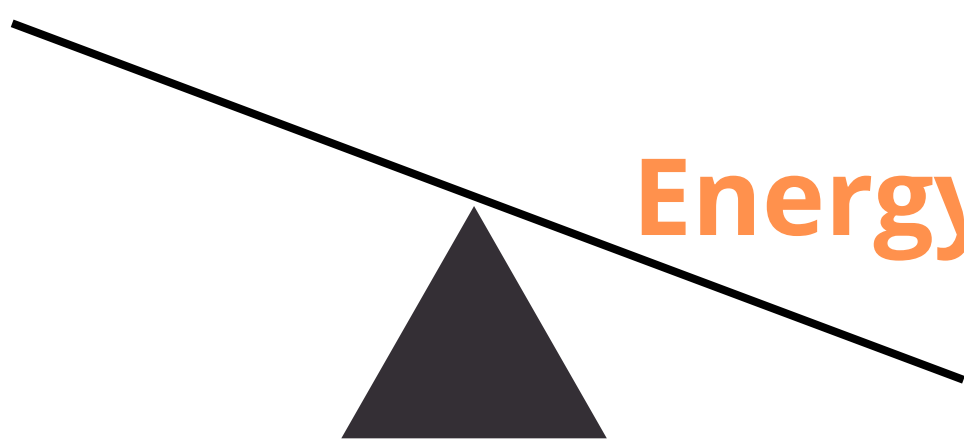


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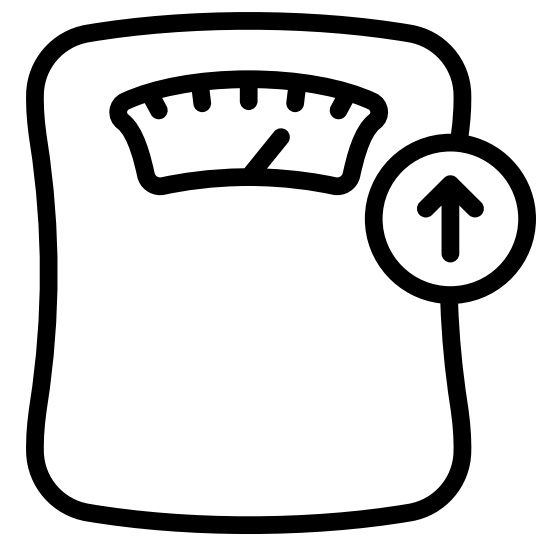
weight
maintained

Energy in

Energy out

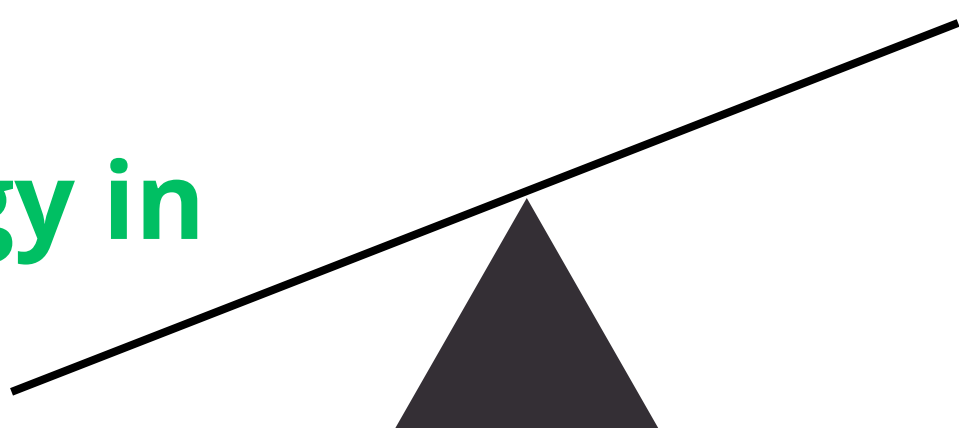


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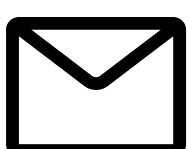
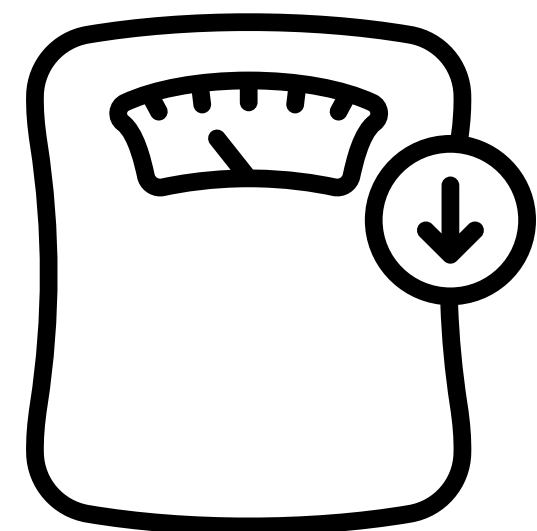


Energy in

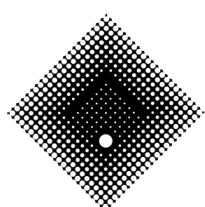
Energy out



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contact Monica for more information monica.wellington@vu.edu.au



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WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual
Disability to Access Health (SPIDAH)

