

What is Your Target Calorie Intake?

The Harris-Benedict Formula

$$\text{BMR} = 66 + (13.7 \times \frac{\text{weight in kg}}{\text{weight in kg}}) + (5 \times \frac{\text{height in cm}}{\text{height in cm}}) - (6.8 \times \frac{\text{age}}{\text{age}})$$

$$\text{BMR} = 66 + (13.7 \times \text{kg}) + (5 \times \text{cm}) - (6.8 \times \text{age})$$



$$\text{BMR} = 66 + \text{_____} + \text{_____} - \text{_____}$$

$$\text{BMR (Male)} = \text{_____}$$

$$\text{BMR} = 655 + (9.6 \times \frac{\text{weight in kg}}{\text{weight in kg}}) + (1.8 \times \frac{\text{height in cm}}{\text{height in cm}}) - (4.7 \times \frac{\text{age}}{\text{age}})$$

$$\text{BMR} = 655 + (9.6 \times \text{kg}) + (1.8 \times \text{cm}) - (4.7 \times \text{age})$$



$$\text{BMR} = 655 + \text{_____} + \text{_____} - \text{_____}$$

$$\text{BMR (Female)} = \text{_____}$$

If you are **Sedentary** - little or no exercise

Calorie-Calculation = **BMR X 1.2**

If you are **Lightly Active** (light exercise/sports 1-3 days/week)

Calorie-Calculation = **BMR X 1.375**

If you are **Moderately Active** (mod. exercise/sports 3-5 days/week)

Calorie-Calculation = **BMR X 1.55**

If you are **Very Active** (hard exercise/sports 6-7 days/week)

Calorie-Calculation = **BMR X 1.725**

If you are **Extra Active** (very hard daily exercise/sports 2x/day)

Calorie-Calculation = **BMR X 1.9**

Conversion:

1 inch = 2.54 cm

1 kg = 2.2 lbs

$$\text{Estimated Daily Caloric Intake} = \frac{\text{BMR}}{\text{BMR}} \times \frac{\text{Activity}}{\text{Activity}} = \frac{\text{Calorie Needs}}{\text{Calorie Needs}}$$

USDA Dietary Guidelines

Activity Level

Gender	Age (years)	Sedentary (day to day activities)	Moderately Active (1.5-3 miles/day)	Active (3+ miles/day)
Child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

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What is Your Target Intake of **Carbohydrate**, **Protein**, and **Fat** Grams?

Using **50/30/20**

Carbohydrate

Multiply your target calories by **0.50** to see CHO calories per day.

Then divide calories per day by 4* to see grams of CHO per day.

For example: _____ calories x **0.50** / 4 = _____ **grams of carbs per day**

* 4 calories in each gram of Carbohydrate

Protein

Multiply your target calories by **0.30** to see protein calories per day.

Then divide calories per day by 4^ to see grams of protein per day.

For example: _____ calories x **0.30** / 4 = _____ **grams of protein per day**

^ 4 calories in each gram of Protein

Fat

Multiply your target calories by **0.20** to see fat calories per day.

Then divide calories per day by 9# to see grams of fat per day.

For example: _____ calories x **0.20** / 9 = _____ grams of fat per day

9 calories in each gram of Fat



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