

8022 - How Many Calories Should I Eat Each Day?



Predicting Resting Energy Expenditure (REE)

This calculation tells you the estimated number of calories you expend in a day without doing any physical activity.

<u>Sex and Age in Years</u>	<u>To Estimate REE in KCAL/Day</u>
Males	
18-30	(15.3 X wt in kgs) + 679
30-60	(11.6 X wt in kgs) + 879
>60	(13.5 X wt in kgs) + 487
Females	
18-30	(14.7 X wt in kgs) + 496
30-60	(8.7 X wt in kgs) + 829
>60	(10.5 X wt in kgs) + 596

To get a fairly good idea of the number of calories you need to eat in a day, based on your activity level, simply multiply your REE by your activity level.

<u>Level of Activity</u>		<u>Activity Factor</u>
Very Light	Men & Women	1.3
Light	Men	1.6
	Women	1.5
Moderate	Men	1.9
	Women	1.7
Heavy	Men	2.1
	Women	1.9

Your weight in lbs _____ divided by 2.2 = weight _____ kgs

Your age REE (_____ X wt _____ kgs) + _____ = REE _____ kcal/day

Your REE _____ kcal/day X _____ Activity Factor = _____ kcal/day

If your Body Mass Index Score was in the unhealthy range you may want to consider lowering your daily caloric intake by 250 calories and increasing your physical activity to burn an extra 250 calories a day through exercise. Depending on how much weight you need to lose to achieve a healthy BMI score the numbers will vary. However, as a general rule women should not eat less than 1200 calories per day and men no less than 1800. Refer to article entitled "Go Easy on Caloric Restriction" again for clarification.

