

Estimating Your Caloric Needs

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In order to maintain body weight our daily expenditure of calories has to equal the number of calories we take in through our diet. Following are 2 popular methods used to **ESTIMATE** the number of calories needed to maintain body weight. If the desired outcome is weight loss or weight gain, calories would need to be adjusted up or down.

Two methods:

1. BMR = Body weight (lbs) X 10 kcal
Then add activity.....30% for sedentary
.....50% for moderate activity
.....100% for very active

Example-

- (1) body weight expressed in lbs
- (2) multiply weight x 10
- (3) multiply answer from line 2 by activity factor
- (4) add line 2 to line 3
- (5) this is an estimate of calories needed to maintain body weight

If your body weight is 125 pounds, you are 5'4"(64 in) tall, and you are 30 yrs old and sedentary:

$$\text{BMR} = 125 \times 10 = 1250 \text{ kcal}$$

$$\text{Sedentary} = 0.3 \times 1250 = 375 \text{ kcal}$$

$$\text{Total kcal to maintain body weight} = 1250 + 375 = 1625$$

2. BMR = 1.0 kcal/kg/hour (men) (24 hours in a day)
BMR = 0.9 kcal/kg/hour (women) (24 hours in day)
Add activity
Sedentary.....20% (mostly sitting)
Lightly active.....30% (a teacher)
Moderately active.....40% (a nurse)
Very active.....50% (a roofer)

Example-

- (1) Convert body weight in pounds to kg by dividing by 2.2
- (2) Multiply weight in kg by gender factor (.9 F, 1.0 M)
- (3) Multiply line 2 by 24 hours/day
- (4) Answer is basal metabolic rate
- (5) Multiply line 4 by activity factor
- (6) Add line 4 and 5, this represents maintenance caloric level

The same 125 pound female would need:

$$\text{BMR} = 0.9 \times 56.8(\text{kg})^* \times 24(\text{hr}) = 1227 \text{ kcal}$$

$$\text{Sedentary} = .2 \times 1227 = 245$$

$$\text{Total kcal to maintain body weight} = 1472$$

*convert to kg by dividing body weight by 2.2