CALCULATING YOUR ESTIMATED DAILY CALORIE NEEDS

1) Estimate Your Resting Metabolic Rate (RMR)

The number of calories you need to merely exist--by multiplying your healthy* weight by 10 calories per pound (22 cal/kg).
Example 1: Mary weighs 150 pounds (68kg), she needs 1,500 calories (150 x 10) to do nothing except be alive.*

** If you are significantly overweight, use an adjusted weight, a weight halfway between your current weight and your desired weight.*
Example: If you weigh 180 pounds (82kg) but desire a weight of 150 pounds (68kg), use 165 pounds (75kg) as your adjusted weight.

2) Add calories of daily activity apart from scheduled exercise.

Example: Mary was lightly active through the day at her desk job.
She burned ~450 calories (~30 percent x 1,500 cal) for activities of daily living.

1,500 RMR + 450 cal daily activity = 1,950 cal/day (without scheduled exercise)

ACTIVITY LEVEL	PERCENTAGE OF RESTING METABOLIC RATE
Sedentary / Lightly Active	20-40% of RMR
Moderately Active	50% of RMR
Active	60-80% of RMR

3) Add in calories for scheduled exercise.

Example: Mary went to NXPT and burned 400 calories in a 45 minute workout.

1,500 cal RMR + 450 cal daily activity + 400 cal scheduled exercise = 2,350 total cal/day

4) For weight loss: Subtract 10-20 percent of your total calorie needs.

Example: Mary needs 2,350 total cal/day to maintain weight. Subtract 10-20 percent of 2,350 calories (~235-470 calories), left Mary with ~2115 to 1880 cal/day for weight reduction.

For weight gain: Add 10-20 percent of your total calorie needs.

5) Once you have established your total daily calories, divide them evenly throughout the day based on your meal preferences.

Example: Mary is consuming 1880 calories for a weight reduction diet. She eats 4 meals per day, ~470 calories per meal (1880 cal/4 meals)

To best asses your body's energy needs, macronutrient meal composition (carbohydrate, protein, fat) and individualized sample meal plans meet with a Registered Dietitian.