

# HOW MANY CALORIES?

EVERYBODY REQUIRES A DIFFERENT AMOUNT OF CALORIES PER DAY BUT HOW DO WE DETERMINE A NUMBER TO START AT?



## STEP 1

### FIND YOUR BASIC METABOLIC RATE

Women:  $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$

Men:  $(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$



## STEP 2

### DETERMINE YOUR ACTIVITY LEVEL

Sedentary (little to no exercise). 1.2

Lightly active (light exercise 1-3 days/week) 1.375

Moderately active (moderate exercise 3-5 days/week) 1.55

Very active (hard exercise 6-7 days/week) 1.725

Extra active (very hard exercise and physical job 7 days/week) 1.9



## STEP 3

### BMR x ACTIVITY LEVEL = CALORIE INTAKE

Number of calories one should consume daily to maintain current weight.



Ensure that a high proportion of those calories come from foods with a high nutrient density and low energy density. This will help support health and make you feel fuller for longer.



To maintain weight, calories in (what you consume) must equal calories out (what you burn). Burning more than you consume results in weight loss. Consuming more than you burn results in weight gain.