

## Calculating Your Caloric Needs

1. To calculate how many calories you need to eat each day, multiply your goal weight by one of these factors:

	Women	Men
Under 45 years of age:	10 calories	11 calories
Over 45 years of age:	9 calories	10 calories

**Example:** for a woman of more than 45 years old:

$$\begin{array}{r} 125 \text{ lbs.} \\ \times 9 \text{ calories/lb.} \\ \hline 1125 \text{ calories} \end{array}$$

This figure is called your *basal metabolism rate*.

2. Multiply this figure by one of the factors below to calculate how many calories you need based on your usual activity level.

Moderate activity	0.5
Sedentary activity	0.3

**Example:**  $1125 \times 0.5 = 563$  calories

3. Add this figure to the calories needed for your *basal metabolism rate* (number found in step one).

**Example:**

$$\begin{array}{r} 1125 \text{ calories for basal metabolism} \\ + 563 \text{ calories for activity} \\ \hline 1688 \text{ total calories} \end{array}$$

This makes a total of 1688 calories a day to maintain a weight of 125 lbs.

4. To lose one pound a week, subtract 500 calories a day. To gain one pound a week, add 750 calories.

5. In general, daily calorie intake should not go below these levels:

- 1600 calories per day for men
- 1200 calories per day for women
- 1800 calories per day for teenage boys
- 1400 calories per day for teenage girls

*Looking for an easier way to calculate your caloric needs?  
Try the Calorie Intake Calculator on the other side of this page.*

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## CALORIE INTAKE CALCULATOR

This chart can be used as a quick approximation of calorie needs for people with moderate activity levels.

<b>Present Weight in Pounds</b>	<b>Present Daily Intake</b> (Estimated number of calories it takes to maintain your present body weight)	<b>Recommended Daily Calorie Intake to Lose One Pound Per Week</b> (500 calories less than current daily intake)	<b>Recommended Daily Calorie Intake to Lose Two Pounds Per Week</b> (1,000 calories less than current daily intake)
250	3750	3250	2750
245	3675	3175	2675
240	3600	3100	2600
235	3525	3025	2525
230	3450	2950	2450
225	3375	2875	2375
220	3300	2800	2300
215	3225	2725	2225
210	3150	2650	2150
205	3075	2575	2075
200	3000	2500	2000
195	2925	2425	1925
190	2850	2350	1850
185	2775	2275	1775
180	2700	2200	1700
175	2625	2125	1625
170	2550	2050	1550
165	2475	1975	1475
160	2400	1900	1400
155	2325	1825	1325
150	2250	1750	1250
145	2175	1675	1175
140	2100	1600	1100
135	2025	1525	1025
130	1950	1450	1000
125	1875	1375	1000

NOTE: Generally, calories intakes below 100-1200 a day are not recommended because of the difficulty in meeting nutrimental needs. A vitamin/mineral supplement may be indicated at these low levels of intake which are often necessary to induce weight loss in older and disabled adults.

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