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CALORIE INTAKE CALCULATIONS

- For a quick estimate of energy needs, multiply your body weight in pounds by a factor determined by the level of physical activity you are customarily engaged in. These factors are as follows:

ACTIVITY	ACTIVITY-CALORIE SCALE DESCRIPTION	ACTIVITY-FACTOR FOR WOMEN calories/lb/day
Sedentary	Sitting most of the day	14
Moderate	Walking, housework, gardening, little sitting	18
Very Active	Tennis, actual swimming, running	22

The body needs to burn about 3500 calories from fat stores to lose 1 pound. Therefore, a daily deficit of 500 calories for 7 days will result in burning 3500 calories (or 1 pound). A daily deficit of 1000 calories for 7 days will result in burning 7000 calories or two pounds per week.

(a) Calculate the total number of calories you need to eat to maintain your present weight, (b) to lose 1 pound per week, and (c) to lose 2 pounds per week.

Present Weight	_____	Present Weight	_____
x Activity Factor	x _____	x Activity Factor	x _____
= Calories/day	= _____	= Calories/day	= _____
- To lose	- <u>500</u>	- To lose	- <u>1000</u>
1 pound/week	= _____	2 pounds/week	= _____

Do not use a Diet Plan with less than 1200 calories per day. It is difficult to obtain adequate amounts of nutrients on diets having fewer than 1200 calories.

As you lose weight, you will need to recalculate your permitted caloric intake from your new weight. It is suggested that once a month, or when you reach a plateau of weight reduction, that you recalculate your calorie level to allow you to continue to have a weight loss.

2. Determine your desired weight from the following Height-Weight Table.

Height		Weight In Indoor Clothing		
Feet	Inches	Small Frame	Medium Frame	Large Frame
4	8	92-98	96-107	104-119
4	9	94-101	98-110	106-122
4	10	96-104	101-113	109-125
4	11	99-107	104-116	112-128
5	0	102-110	107-119	115-131
5	1	105-113	110-122	118-134
5	2	108-116	113-126	121-138
5	3	111-119	116-130	125-142
5	4	114-123	120-135	129-146
5	5	118-127	124-139	133-150
5	6	122-131	128-143	137-154
5	7	126-135	132-147	141-158
5	8	130-140	136-151	145-163
5	9	134-144	140-155	149-168
5	10	138-148	144-159	153-173

* Metropolitan Life Insurance Company, 1969.

FRAME SIZE: Your wrist measurement, which varies little with changes in body weight, is used to determine frame size.

A wrist measurement:

- _____ of less than 6 inches indicates you have a small frame
- _____ of 6 inches indicates you have a medium frame
- _____ of greater than 6 inches indicates you have a large frame

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