

HOW MANY CALORIES PER DAY SHOULD I EAT?

The equation to use is as follows:

[Body weight (in kg) x 24] - [body weight (in kg) x 0.1 x # of hours of sleep per night] + [body weight (in lbs.) x activity factor* x hours of activity] + 10% of total

1) Divide your current body weight by 2.2 (to convert it to kilograms). This = _____ (A)

2) Multiply (A) by 24 (for hours in the day). This = _____ (B)

3) Multiply (A) by 0.1, then multiply that number by the number of hours of sleep you get per night. This = _____ (C).

4) Subtract (C) from (B). This = _____ (D).

5) Multiply your body weight in pounds by the activity factor (see chart below), then multiply times the hours of activity in your day. This = _____ (E).

*For a more exact count, you need to break down your daily activity by the hour and use a different activity factor for each hour. However, it is easier to average the days activities (pick a number that averages all of the activities you do in a day) and make individual adjustments afterwards.

6) Add (D) to (E). This = _____ (F).

7) Multiply (F) by 1.1 to add for the influence of food (calories required during digestion). This = _____ (G).

(G) is the number of calories you require to maintain your current body weight. If your goal is to lose weight, you will need to decrease the number of calories you consume by 500 per day and/or increase your activity by this amount. If your goal is to gain weight, you will need to increase the number of calories you consume by 100-150 per day.

**Examples of activity factors:*

rest (lying still, reading) 0.23	
very light (sewing, singing, standing, studying)	0.27
light (office work, dish washing, shopping)	0.36
moderate (golf, nursing, housekeeping)	0.50
severe (dancing, 3-4 mph) 0.77	
very severe (running, walking 5 mph)	1.03

The above formula provides you a rough idea of your caloric requirement per day. There will need to be some adjustments, as normally you would not maintain the same activity factor throughout the day and individual differences are not taken into consideration. Also, the formula uses your total body weight. As discussed earlier muscle is the only thing that requires calories at rest. So, to be more accurate you should have your lean body mass determined with a body composition test. (This is discussed in detail in Chapter 9 of “The Final Edge to Metabolic Control”.)

A final consideration is your current diet and at what level your metabolism is currently at (if it is functioning optimally or if it is slowed down). To tell whether your estimate was correct (and your metabolism is functioning optimally, you should eat the required calories and monitor your weight weekly. Do this for one month. This will eliminate the weekly variances with water weight. If you gain weight, you're eating too much, so reduce your calories *slightly*. If you lose weight you're not eating enough, so increase your calories *slightly*. Keep doing this until a maintenance level is found. A word of caution: changes occur very slowly, so be patient.

The Final Edge to Metabolic Control Worksheet

Nutrition

To calculate ratios of protein, carbohydrate and fat, use the following formula:

Total calories

Total calories I require daily: _____ calories

Ratios

Multiply total calories by:

0.30 = calories worth of protein for the day

0.40 = calories worth of carbohydrate for the day

0.30 = calories worth of fat for the day

Divide both the protein and carbohydrate calorie values (above) by 4 to give you the number of grams required per day.

_____ grams of protein per day

_____ grams of carbohydrate per day

Since fat has a denser food value than protein and carbohydrates, divide the fat calorie value by 9 to give you the number of grams required per day.

_____ grams of fat per day

Frequency

Times throughout the day I am planning on eating:

_____am _____am _____am _____pm _____pm _____pm

Keep a log of how you feel after each of these meals. For example, if you feel very hungry or low energy, your body is probably telling you something about your last meal.

CONVERSION OF CALORIES TO BLOCKS

Take the total Calories and multiply by 70%. This allows the total calories the client consumes in the day to be adjusted appropriately for using the block system. This happens because a protein source is counting the grams of protein it contains, but not the grams of carbohydrate and fat. This is true for the carbohydrate and fat items as well.

Total Calories = _____ X .7 = Adjusted Calories for conversion to blocks = _____

Take the adjusted Calories and multiply by .3, .4, & .3 (or the decimal form of the ratios correct for the individual) to get the Calories from protein, carbohydrate, & fat.

Adjusted Calories _____ X .3 = _____ Calories of protein.

Adjusted Calories _____ X .4 = _____ Calories of carbohydrate.

Adjusted Calories _____ X .3 = _____ Calories of fat.

Divide the Calories of each nutrient by 4, 4, & 9 to get the grams of protein, carbohydrate, and fat.

Calories of protein _____ ÷ 4 = _____ grams of protein.

Calories of carbohydrate _____ ÷ 4 = _____ grams of carbohydrate.

Calories of fat _____ ÷ 9 = _____ grams of fat.

Divide the grams of each nutrient by 7, 9, & 3 to get the blocks of protein, carbohydrate, and fat.

Grams of protein _____ ÷ 7 = _____ blocks of protein.

Grams of carbohydrate _____ ÷ 9 = _____ blocks of carbohydrate.

Grams of fat _____ ÷ 3 = _____ blocks of fat.