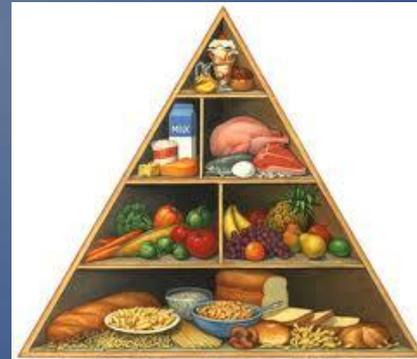


Personal Health: Nutrition!

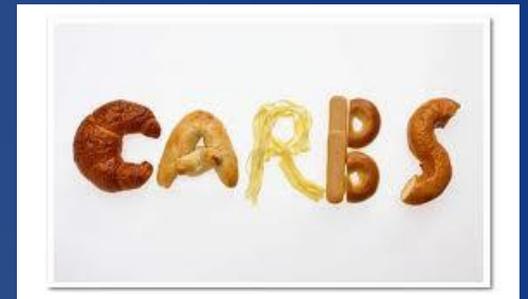
By Kelly Jenkins, and Whitney Bachow

Food: What should we eat?



Calories!

- Carbohydrates
- Fats
- Protein
- Carbohydrates and protein have about 4 calories per gram, and protein has about 9 calories per gram



How many calories should I eat?

- Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$
- Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

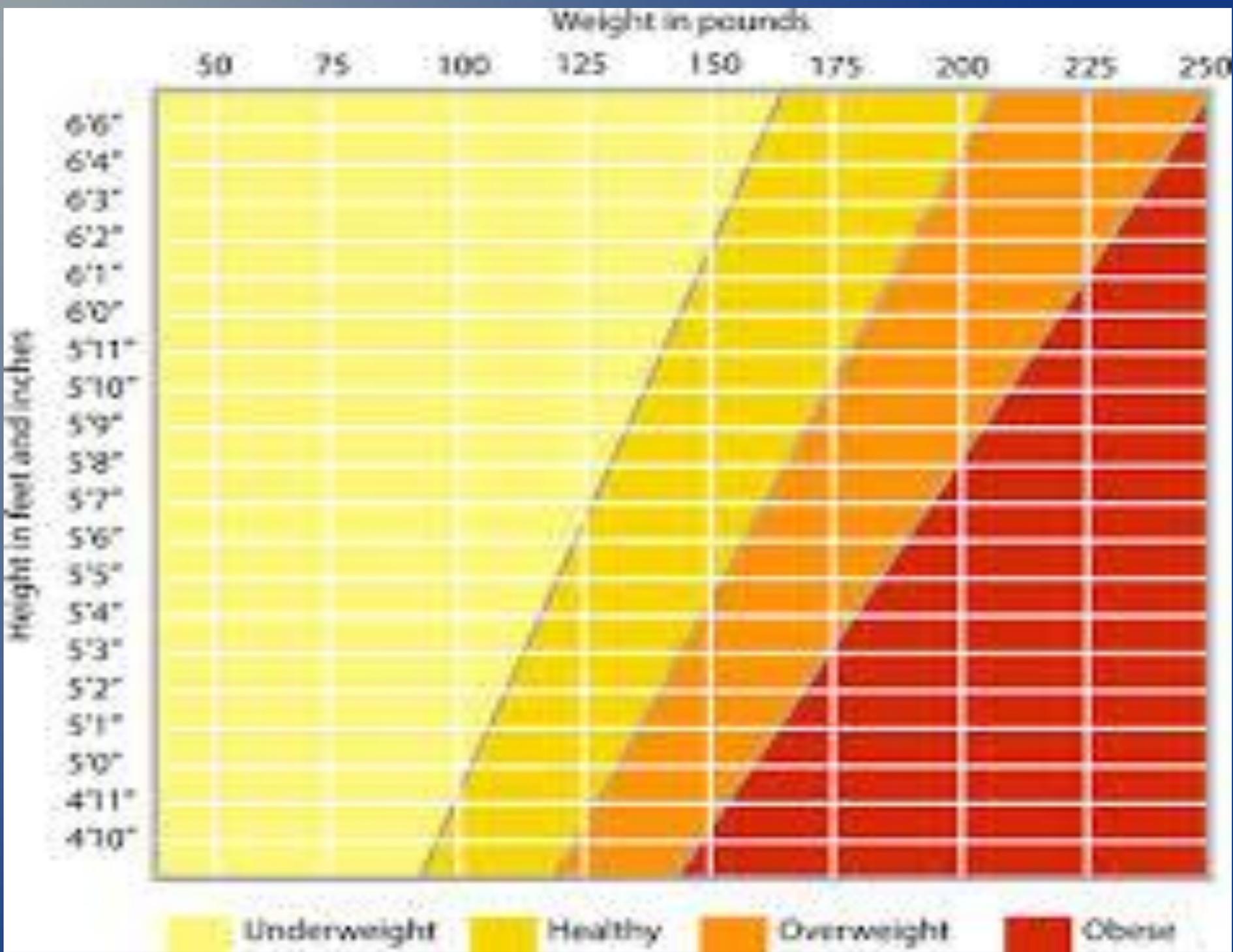
- BMR-calculator.net

How many calories should I eat to maintain weight?

- If you are sedentary (little or no exercise) : Calorie-Calculation = $BMR \times 1.2$
 - If you are lightly active (light exercise/sports 1-3 days/week) : Calorie-Calculation = $BMR \times 1.375$
 - If you are moderately active (moderate exercise/sports 3-5 days/week) : Calorie-Calculation = $BMR \times 1.55$
 - If you are very active (hard exercise/sports 6-7 days a week) : Calorie-Calculation = $BMR \times 1.725$
 - If you are extra active (very hard exercise/sports & physical job or 2x training) : Calorie-Calculation = $BMR \times 1.9$
- BMR-calculator.net

How much should I weigh? Do I need to eat more or less calories?

- BMI = (Weight in Pounds / (Height in inches x Height in inches)) x 703
- 18.5 or less Underweight
- 18.5 to 24.99 Normal Weight
- 25 to 29.99 Overweight
- 30 to 40 or greater Obesity



What kind of Calories?

- You need 60% of your total calories from carbohydrates, 25% from fats and 15% from protein. How many calories should you consume of each?
- Using what we learned before (4 calories in a gram of carbohydrates and proteins, 9 calories in a gram of fat) to determine how many grams of each you need.

How do I use calories to see how much weight I will gain/lose?

- Every 3500 calories equals 1 pound
- Example 1: If I already ate three meals, adding up to the amount of calories I needed to maintain my weight and then downed 4 big macs, I would gain a pound.
- Example 2: If I cut 250 calories from my diet a day, after 2 weeks, I will have lost 1 pound.

Questions?

Common misconceptions

- No carb diet
- No fat diet
- Whole food diet

