Personal Health: Nutrition!

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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**: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$

- BMR-calculator.net
How many calories should I eat to maintain weight?

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

- BMR-calculator.net
How much should I weigh? Do I need to eat more or less calories?

- BMI = \( \frac{\text{Weight in Pounds}}{(\text{Height in inches} \times \text{Height in inches})} \times 703 \)
- 18.5 or less  Underweight
- 18.5 to 24.99 Normal Weight
- 25 to 29.99  Overweight
- 30 to 40 or greater  Obesity

- BMR-calculator.net
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