

Basal Metabolic Rate

Your basal metabolic rate is the amount of calories your body requires to complete its basic functions, like keeping your heart beating and regulating your internal temperature. Knowing this rate is the key to calculating the number of calories you need to consume daily in order to maintain your desired weight. It is estimated that the body burns about 10 calories per day per pound. For example, a 150 lb person will burn 1500 calories just to keep alive. The next step is to approximate the number of calories burned in normal daily exercise. A person who sits all day is said to be sedentary, so the amount of calories burned would be about 20% of the BMR or 300 calories. A moderately active person would burn about 30% of the BMR and an active person would burn about 40%. The final step is to add in the amount of calories burned by the digestive process, which is estimated to be about 10% for the general population. The amount of calories burned by a 150 lb person through the digestive process is 150. Adding the calculations together, we find that a 150 lb person requires 1950 calories per day to maintain that weight. Factors that can affect this calculation include age, gender, low calorie diets and medical conditions, such as those affecting the thyroid. However, the above calculation is a good start for most of us.

What is your BMR?

Your Weight _____

X 10% = BMR = _____

BMR X 10% = _____

BMR X 20% = _____

BMR X 30% = _____

BMR X 40% = _____

Calorie intake for sedentary = BMR + 10% of BMR + 20% of BMR = _____

Calorie intake for moderately active = BMR + 10% of BMR + 30% of BMR = _____

Calorie intake for active = BMR + 10% of BMR + 40% of BMR = _____