

What Should My Calorie Intake Be?

Once you've calculated your Basal Metabolic Rate (BMR), you are now ready to determine what you need to consume in order to get to and maintain your goal weight. I will use as an example a 195 pound female who is 5'7" (67 inches) and who is moderately active.

First, let's determine her body mass index to see if she should lose weight:

$$\text{BMI} = 195/67/67*703 = 30.54$$

It appears that she is considered obese.

Now let's calculate her BMR: $195 \times 10 = 1950$

Add daily activity: $1950 \times 30\% = 585$

Add digestive process $1950 \times 10\% = 195$

Add them together for the number of calories it takes for her body's basic functions: $1950 + 585 + 195 = 2,730$ calories

What should her weight be for her BMI to be in the normal range? Assuming she wants a BMI in the middle of the normal range because of her medium sized bone structure, around 22, the calculation would be as follow: (If she were large boned, she would choose a BMI closer to the high end.)

$$22 * 67 * 67/703 = 140.5 \text{ pounds. Looks like she needs to lose 54.5 pounds.}$$

So, how many calories should she eat to lose 2 pounds per week?

Since a pound of fat has about 3500 calories, she needs to burn or reduce her calories intake by 7000 calories. She could do this one of two ways or a combination of the two. Either reduce her caloric intake by 7000 calories, about 1000 calories per day, or burn off 7000 calories.

Let's see what it would take to burn off 7000 calories.

A 190 pound person can burn off about 500 calories with about an hour of general aerobics. So, two hours per day for seven days should do the trick. Working out on a stationary bike very vigorously for an hour could burn off over 1000 calories, so one hour per day for seven days would also do the trick.

Or, she can be a bit more reasonable and try doing both moderately. Let's assume that she can do only 45 minutes of exercise, three days per week, and that she wants to start out with something she can handle. She decides on aerobic for 30 minutes at a low impact, which will burn off about 220 calories and she is willing to do the stationary bike for 15 minutes with moderate effort, which will burn off about 175 calories. One workout then will burn 395 calories times three equals 1,185 calories burned per week. That leaves 5,815 calories that need to be cut from her diet.

One more thing to keep in mind that will help her is that if she eats five or six small meals per day, and she eats foods low on the glycemic index and foods that are high in fiber, she will keep her insulin levels down, and she will most likely increase the amount of calories burned just by eating.

How many calories should you consume per day to achieve your desire weight?

Target Body Mass Index = _____

Height = _____

BMI _____ X Height _____ X Height _____ / 703 = Ideal Weight _____