



DETERMINING YOUR *Calorie Needs*

Nutrients in the foods you eat contain caloric content used to produce energy and are found in carbohydrates, protein and fats, otherwise known as macro-nutrients.

Paying attention to calories is an important part of managing your weight. That starts with knowing how many you need. There is no one-size-fits-all approach to nutrition.

In order to be successful in the long term, it is important to individualize your nutrition needs to your body.

So, how many calories should you be eating on a normal basis? It is different for every person and based on a variety of factors. You should always check with your health care provider before making changes to your diet.

Calorie needs can be calculated based on height, weight, age and gender. This number is called your Resting Metabolic Rate (RMR) and determines the number of calories you need to sustain basic life.

Next, you multiply in an activity factor based on how much you exercise. This gives you the number of calories required to maintain weight.

From here, you can subtract calories if your goal is weight loss or add calories if your goal is to gain muscle.

There are many equations including Mifflin St. Jeor, Harris Benedict and more. To make it easy, here is a simple formula you can use to estimate your individualized calorie needs:

1. Weight in pounds x 10 = Calories to be alive = RMR
_____ lbs x 10 = _____ calories (RMR)
2. RMR calories x Activity Factor (see chart below) = Calories to maintain weight
_____ calories x _____ Activity Factor = _____ Total calories
3. To Lose Weight[†]:
Total Calories – 500 = _____ calories to consume a day
or
To Gain Muscle[†]:
Total Calories + 500 = _____ calories to consume a day
4. Women Only:
Subtract an additional 160 calories from total above =
_____ adjusted calories to consume a day

AMOUNT OF ACTIVITY	ACTIVITY FACTOR
NO EXERCISE	1.2
1-3 DAYS OF EXERCISE	1.3
3-5 DAYS OF EXERCISE	1.4
5-6 DAYS OF EXERCISE	1.5
6 DAYS OF EXERCISE PLUS ADDED WORKOUTS	1.7
HEAVY TRAINING OVER 15 HOURS A WEEK	1.9

[†] Note: These guidelines are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Responses to the 24-Day JumpStart® will vary based on individual characteristics. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before making changes to their nutritional program. Individuals who have a significant amount of weight to lose may need to further adjust their calorie goals under the guidance of a physician or qualified health care provider.