

# Calculating your energy needs



Successful weight loss begins with simple math. To lose weight, you need to burn more calories than you consume. Most people can safely consume about 2,000 calories a day and maintain a normal weight. This number can increase or decrease according to the following factors:

## Gender

Men tend to have more muscle mass and burn more calories than women do.

## Age

Most people tend to burn fewer calories as they get older.

## Level of physical activity

If you exercise and build muscle, you'll burn more calories than your sedentary friends.

The American Dietetic Association offers the following formula to help you calculate how many calories you need each day to maintain your weight:

- Find your basic metabolic rate by taking your current weight and multiplying it by 10 if you're a woman or 11 if you're a man
- Add 20 percent of that number if you're sedentary (no activity); 30 percent if you do light activity (walking, golfing); 40 percent if you do moderate activity (fast walking, easy jogging, light weight training or biking); and 50 percent if you're very active (running, racquet ball, intense weight training, distance cycling and swimming)
- Add another 10 percent of that total—for digestion and absorbing nutrients—to get your total calorie allowance for the day

## How many calories do you need to lose weight?

If 3,500 calories equals one pound of body fat, and you eat 500 calories less than your maintenance amount, you will lose about one pound a week.

One or two pounds a week are considered to be a safe and healthy amount. Most women need at least 1,200 calories and men 1,500 calories a day for their bodies to get the proper nutrients.

By adjusting calories and adding physical activity, your weight loss will be greater. Remember to adjust your calorie levels as you lose weight and progress through the program.



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## Calorie formula

$$\frac{\text{_____}}{\text{(Current Weight)}} \quad \begin{array}{l} \times 10 \text{ (women)} \\ \times 11 \text{ (men)} \end{array} \quad = \text{_____} \quad \text{Basic Metabolic Rate (BMR)}$$

$$\frac{\text{_____}}{\text{(BMR)}} \quad \begin{array}{l} \times .20 \text{ (sedentary - no activity)} \\ \times .30 \text{ (light activity - walking, golfing)} \\ \times .40 \text{ (moderate activity - brisk walking, jogging, weight training)} \\ \times .50 \text{ (very active - running, cycling, swimming)} \end{array} \quad = \text{_____} \quad \text{Activity Rate}$$

$$\frac{\text{_____}}{\text{(BMR)}} \quad \times .10 \text{ (for digestion)} \quad = \text{_____} \quad \text{Body Process}$$

$$\frac{\text{_____}}{\text{(BMR)}} \quad + \frac{\text{_____}}{\text{(Activity Rate)}} \quad + \frac{\text{_____}}{\text{(Body Process)}} \quad = \text{_____} \quad \text{Total Daily Calorie Allowance}$$

## Example

200 (current weight) x 10 (woman) = 2,000 BMR

2,000 (BMR) x .20 (sedentary) = 400 Activity Rate

2,000 (BMR) x .10 (digestion) = 200 Body Process

2,000 + 400 + 200 = 2,600 calories needed daily to maintain current weight

Decreasing calories by 500 per day results in losing one pound each week.

Source: American Dietetic Association