

Energy Calculations

Date: _____

_____ Current Weight _____ Height _____ Age

	Comfortable Weight (not necessarily your lowest weight target)
	Weight with 5 – 10% loss (considered medically significant) (multiply times .95 and .90)
	Multiply current weight x 12.5 for lower end of estimated calorie needs (to maintain current weight) <i>(note: equivalent of 27.5 kcal/kg)</i>
	Target calorie level for weight loss <ul style="list-style-type: none"> - 500 calories less per day \approx 3500 cal/week \approx 1 pound wt loss per week - 400 calories less per day \approx 2800 cal/week \approx .8 pound wt loss per week - 300 calories less per day \approx 2100 cal/week \approx .6 pound wt loss per week - 200 calories less per day \approx 1400 cal/week \approx .4 pound wt loss per week - 100 calories less per day \approx 700 cal/week \approx .2 pound wt loss per week Note: calorie levels below 1200 are not recommended (it is hard to meet nutrition needs below that level)
	Number of weeks to lose 5% of current weight
	Your personal target goal
	# weeks to lose that weight
	Protein needs for 20 % protein, multiply total calories by .20 Divide that number by 4 (4 calories of protein per gram)
	Carbohydrate needs for 55 % carb; multiply total calories by .55 and divide by 4 (4 calories of carbohydrate per gram)
	Fat needs for 25% fat: multiply total calories by .25 and divide by 9 (9 calories of fat per gram) Note: alcohol is extra, and is about 7 cal/gram

Some thoughts:

These calculations do not take into account changes in metabolism or body composition. Very low calorie levels can cause your metabolic rate to drop – so your weight loss could be even slower. Exercise changes both body composition and metabolism (positively!) Muscle weighs more – so you can actually be losing fat but maintaining your weight if you are doing strenuous exercise. And changing your carbohydrate intake can impact your fluid levels. That is why people loose so much weight quickly with low carbohydrate diets – it is just a shift in water balance.

I don't actually advocate counting calories or even paying that close of attention to weight. But it helps to have realistic expectations and to have a general idea of your needs. Then you can concentrate on developing healthy, sustainable, habits, and let the rest take care of itself!