

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
SNACK					
LUNCH					
SNACK					
DINNER					
SNACK					



ESTIMATING YOUR ENERGY NEEDS

Many physically active people underestimate the amount of food they need. On the other hand, people who reduce their physical activity continue to eat as if they were using large amounts of energy. An estimate of your energy requirement helps you estimate the amount of food you need. For example, do you use about 2,000 kcal or 4,000 kcal of energy daily?

RESTING ENERGY EXPENDITURE (REE)

REE is the biggest part of your daily energy output. A quick and easy estimate of your daily REE:

Men: $\text{kg body weight} \times 24 = \text{kcal / day}$

Women: $\text{kg body weight} \times 22 = \text{kcal / day}$

PHYSICAL ACTIVITY

Your **daily activities** are the most variable part of your energy output. The more physically active you are the more energy you use, and the more food you need to eat. Physical activity can be divided into categories based on the amount of muscular work a person typically performs in a day. The estimates of energy expenditure increase with the activity level and intensity.

Sedentary: You sit down most of the day and drive or ride most often. You may be standing still as part of your work duties or house activities.

Light: You move around some of the time, you may sit for seven hours, stand for five, walk for two, and you spend 2 hours in light physical activity.

Moderate: You engage in some intentional exercise such as one hour of fast walking or running five times per week or your work or daily duties calls for some physical work.

Heavy: Your job requires much physical labour, includes hauling heavy loads uphill, heavy sustained manual digging and prolonged vigorous exercise such as marching with a pack, soccer, running.

BODY WEIGHT GOALS

Your calorie needs will also depend on your weight management goals.

If your goal is to **lose weight** your energy needs will be about **500 kcal per day less** than daily output.

If your goal is to **gain weight** your energy needs will be about **500 kcal per day more** than daily output.

ESTIMATE YOUR ENERGY NEEDS

Step 1: Estimate your REE

Men: My weight in kg: kg x 24 = kcal per day ①

Women: My weight in kg: kg x 22 = kcal per day ①

Note: To change pounds to kilograms, divide your weight in pounds by 2.2 since 1 kg=2.2 lbs
For example: 150 lbs / 2.2 lb/kg = 68 kg

Step 2: Select the activity factor

To select the activity level for you, consult the list on the previous page and then choose a corresponding activity factor. Think in terms of the amount of *muscular* work performed – don't confuse being *busy* with being *active*.

Activity Factor	Activity Level			
	Sedentary	Light	Moderate	Heavy
Men:	1.35	1.6	1.7	2.0
Women:	1.3	1.5	1.6	1.9

My activity factor is: ②

Step 3: Calculate your energy needs

Calculate your energy needs, by multiplying the REE calories ① by the activity factor ②.

① x ② = ③ kcal for weight maintenance

Step 4: Adjust your energy needs for your weight goal








☐ I wish to maintain my weight: no further adjustment to your energy needs in ③ is needed.

☐ I wish to lose weight: ③ – 500 kcal = kcal for weight loss

☐ I wish to gain weight: ③ + 500 kcal = kcal for weight gain

EAT ACCORDING TO YOUR ENERGY REQUIREMENT

The following chart gives you an estimate of the number of servings you need to eat from each food group to meet your daily energy requirement.

Food Group	Daily Energy Requirement					
	1,500 kcal	2,000 kcal	2,500 kcal	3,000 kcal	3,500 kcal	4,000 kcal
	Number of servings					
 Vegetables & Fruit	7-8	8-9	10	11	12	13
 Grain Products	5-6	7-8	9-10	11-12	13-14	15-16
 Milk & Alternatives	2	2	3	3	4	5
 Meat & Alternatives	2	3	3	3	4	4
 Fats & Oils	1T	2T	2T	3T	3T	4T
 Water	1.5 L (6 c) per day or more			2 L (8 c) per day or more		
 Other Foods	1	1	2	3	3	3
	Choose other foods in moderation after you have eaten enough from the four food groups.			If you find it difficult to eat a large enough volume of food to meet your energy needs, try adding more healthy oils or a few concentrated carbohydrates (juices, dried fruit, sweetened cereals or drinks).		

If you have specific food or energy needs, it is important that you talk to a registered dietitian.