

12. ENERGY NEEDS

NAME: _____.

AGE: 28 yrs GENDER: Male _____.

IDEAL BODY WEIGHT (lbs) 145 (Kg) 65.9 _____.

DO YOU EAT REGULARLY? Yes, I eat at least 3 meals a day _____.

HOW PHYSICALLY ACTIVE ARE YOU? Not very (0.35) _____.

ARE YOU PREGNANT OR LACTATING? No _____.

RECOMMENDED ENERGY INTAKE VALUE: 2320 to 3480 kcalories _____.

ENERGY NEEDS TABLE

BMR = body weight (Kg) X 24 kcal/ Kg per day

$$= 65.9 \text{ Kg} \times 24 \text{ kcal/ Kg} = 1582 \text{ kcal per day}$$

Thermic Effect of Food = BMR X 0.10

$$= 1582 \text{ kcal per day} \times 0.1 = 158 \text{ kcal per day}$$

Thermic Effect of Exercise = (BMR + TEF) X activity level factor

$$= (1582 + 158) \times 0.35 = 609 \text{ kcal per day}$$

Needs for pregnancy or lactation?

Pregnancy: 300 kcal

Lactation: 500 kcal

Total Energy Needs = BMR + TEF + TEE + (Pregn or Lactn)

$$= 1582 \text{ kcal} + 158 \text{ kcal} + 609 \text{ kcal} + 0 \text{ kcal}$$

$$= 2349 \text{ total kcal for the day}$$