

21. EVALUATION OF CALORIC BALANCE (show all work)

g carbs: (#13) 437.9 X4 kcal/ g = 1752.

g fat: (#15) 119.1 X9 kcal/ g = 1072.

g protein: (#18) 113 X4 kcal/ g = 452.

TOTAL (usual caloric intake) = 3276 kcal.

3 glasses of wine a week = 3 X 105 kcal = 315 kcal /week or 45 kcal/day

Total plus alcohol = 3321 kcal

Usual caloric intake	Usual caloric output (#12)
3321 kcal	2349 kcal

<p>Weight (Kg) <u>65.9 kg</u>.</p> <p>Activity factor <u>0.09 kcal/Kg/ min</u></p> <p>Kcal/ min: <u>5.93 kcal/ min</u></p> <p>150 kcal divided by Kcal/ min =</p> <p><u>150 / 5.93 = 25 min</u>.</p> <p>300 kcal divided by Kcal/ min =</p> <p><u>300 / 5.93 = 51 min</u>.</p>	<p>How much time would it take you to burn 150 to 300 kcalories of</p> <p><u>Bicycling (10 mph)</u> (selected activity)</p> <p><u>25</u> to <u>51</u> min</p>
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