

## Part 1: Calories

What you need to know:

- Bare minimum - height, weight, age
- ideally - fat free mass OR have had RMR test

$$2.2 \text{ lb} = 1 \text{ kg}$$

$$1 \text{ inch} = 2.54 \text{ cm}$$

### RMR Test

Absolute minimum - never go below this number

The most accurate as it is an actual measurement vs. estimate

### Cunningham

$$500 + (22 \times \text{fat free mass in kg})$$

Males and females

### Harris-Benedict

Males:

$$66.5 + (13.75 \times \text{weight in kg}) + (5.003 \times \text{height in cm}) - (6.755 \times \text{age in years})$$

Females:

$$655.1 + (9.563 \times \text{weight in kg}) + (1.850 \times \text{height in cm}) - (4.676 \times \text{age in years})$$

### Mifflin St. Jeor

Males:

$$10 \times \text{weight in kg} + 6.25 \times \text{height in cm} - 5 \times \text{age} + 5$$

Females:

$$10 \times \text{weight in kg} + 6.25 \times \text{height in cm} - 5 \times \text{age} - 161$$

### Activity Factors

Sedentary: 1.25

Lightly Active: 1.5

Moderately Active: 1.75

Very Active: 2.2