

HOW MANY CALORIES DO YOU NEED?

If you're searching for the perfect formula to determine your caloric needs, you're likely to find quite a few variations.

The Food and Nutrition Board of the National Research Council offers this guide for determining approximate daily caloric intake needed to maintain your body weight:

- very sedentary (movement restricted such as patient confined to house)- 13 cal/lb (calories per pound of body weight)
- sedentary (most Americans, office job, light work) - 14 cal/lb
- moderate activity (weekend recreation) - 15 cal/lb
- very active (meet ACSM standards for vigorous exercise 3x/wk) - 16 cal/lb
- competitive athlete (daily vigorous activity in high energy sport) - 17+ cal/lb

Remember that this is to **maintain** body weight - you'll need to cut calories and exercise more if your goal is to lose weight.

You may need to increase calories if you are working to build muscle.