

Calculation of your Personal Daily Values

Human Nutrition 694-300

Name:

Calculate your approximate energy (calorie) needs by using the following steps:
(We are going to calculate energy (kcal) needs based upon your healthy body weight. This weight may or may not be your actual weight.)

- 1) If you feel your weight is normal and healthy for you go on to step 3.
- 2) If you feel your weight is either too low or high for you then go to the second to the last page of your book. You will see the Body Mass Index (BMI) table (blue page). Find your height and then choose an approximate body weight in the "Healthy Weight" category (this is the orange).
- 3) Convert your "healthy weight" in pounds to kilograms (kg) using this formula:

$$\text{Your weight in pounds} \div 2.2 = \text{Your weight in kg}$$

- 4) Use the following simple formulas for determining your basal metabolic kcal needs:

$$\text{males: body weight in kg} \times 24 = \text{_____ kcal/day}$$

$$\text{females: body weight in kg} \times 23 = \text{_____ kcal/day}$$

- 5) Choose your physical activity level (activity factor):

Physical activity level/Activity factor

Very light: 1.3 (men and women)

Light: 1.5 (women); 1.6 (men)

Moderate: 1.6 (women); 1.7 (men)

Heavy: 1.9 (women); 2.1 (men)

** most of us are in the very light or light category. Moderate means significant amounts of exercise daily (45 minutes to 1 1/2 hours), heavy means a heavy physical labor job daily or several hours of exercise daily.

- 6) For your final daily kcal needs: (your activity factor) x (your basal kcal needs) = _____

(from # 5)
(from # 4)

(your personal kcal/day)

Percent Daily values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	
Total Fat	Less than	65 g	
Saturated Fat	Less than	20 g	
Cholesterol	Less than	300 mg	
Sodium	Less than	2,400 mg	
Potassium		3,500 mg	
Total Carbohydrate		300 g	
Dietary Fiber		25 g	
Protein		50 g	

<----- your personal kcal/day

Now calculate your personal percent daily values based on your daily caloric needs.
(Chapter 2 (pg 45, 46) and your notes give you the calculation factors)