

BMR / CALORIC INTAKE WORKSHEET

There are two major types of food needed to keep a healthy body. The first are called macronutrients. This is a fancy word for the three sources of energy for the body – proteins, carbohydrates, and fats. The unit of energy these fuels create is measured in calories. Controlling macronutrients is the key to weight control. Meats, cereals, and dairy products are the major source of macronutrients.

The second needed types of food are micronutrients. Micronutrients are also referred too as 'vitamins and minerals', and the food groups largely responsible are fruits and vegetables. While micronutrients help with your overall health, they are not a major source of calories. Yes, micronutrients are important too, but not within the scope of this worksheet. Eat all the fresh fruits and vegetables you want – no one we've ever heard of has overdosed on fruits and vegetables.

This worksheet is designed to give you a rough idea of your macronutrient requirements. Since most food products we buy at the grocery store now label their nutritional contents, we can use this information to figure out what we are eating, and how it affects our body. And while no generic formula is perfect at calculating our individual needs, this is a good baseline from which to start. Doctors have very specific tests that can calculate a person's true metabolic rate and should you desire, please don't hesitate to contact your regular physician to schedule these tests (you do have a regular doctor, right?). For those of you with medical conditions such as diabetes or hypoglycemia, we would recommend you contact your physician to help with your dietary needs.

So what is BMR? BMR stands for Basal Metabolic Rate. This number is a representation of how many calories are needed to maintain a given body weight. You can use this worksheet to determine your current BMR and caloric needs to stay the size you are. You could also plug in the weight you want to be, which would show you what you would need to consume to achieve that weight. Please understand these calculations do not account for any exercise you are doing, only what you need to operate your body at rest for 24 hours.