

# Calorie calculator

To determine the approximate total amount of calories you should eat to maintain your weight;

First, you need to multiply your body weight by 11 for woman and 12 for a man.

For example, let's take a woman who currently weighs 170 pounds, and wants to maintain her weight;

$$170 \text{ pounds} \times 11 = 1870 \text{ calories per day}$$

If this woman wants to weigh 140 pounds then she would need to modify her daily caloric intake.

$$170 \text{ pounds (current weight)} \times 11 = 1870 \text{ calories per day}$$

$$140 \text{ pounds (goal weight)} \times 11 = 1540 \text{ calories per day}$$

$1870 \text{ calories} - 1540 \text{ calories} = 330 \text{ calories}$  that need to be eliminated from the daily diet to maintain the desired weight. Conversely, if this woman wanted to weigh 200 pounds, she would multiply  $200 \times 11$  and consume 2200 calories to achieve and maintain her desired weight.

If you want to lose weight fast, you can decrease your caloric intake to 1200 calories per day. However, do NOT go below 1200 calories per day because it will negatively affect your metabolism and you will struggle to get enough nutrients. This is not a strategy I promote for any length of time, of course.

It doesn't matter if you are looking to lose weight or gain muscle, you should follow this nutrient ratio; 30% of your daily calories should come from protein, 20% from fat, and 50% from carbs. This formula ensures you have the right amount of energy and the right amount of building blocks (i.e. amino acids) for muscular repair.

To figure out how many calories of nutrient you need each day, take your total daily caloric intake and multiply it by the percentage of the nutrient.

Continuing the above example, the woman with the goal of weighing 140 pounds would want to get:

$$1540 \text{ calories/day} \times 30\% \text{ protein} = 462 \text{ calories from protein}$$

$$1540 \text{ calories/day} \times 20\% \text{ fat} = 308 \text{ calories from fat}$$

$$1540 \text{ calories/day} \times 50\% \text{ carbs} = 770 \text{ calories from carbs}$$