# HOW MANY CALORIES SHOULD YOU EAT?

YOUR FITNESS GOAL

| ACTIVITY (MULTIPLY BY BODYWEIGHT IN POUNDS) | WEIGHT LOSS | MAINTENANCE | WEIGHT GAIN |
|---|---|---|---|
| **Sedentary** (Minimal Exercise) | BW x 10-12 | BW x 12-14 | BW x 16-18 |
| **Moderately Active** (3-4 times/wk) | BW x 12-14 | BW x 14-16 | BW x 18-20 |
| **Very Active** (5-7 times/wk) | BW x 14-16 | BW x 16-18 | BW x 20-22 |

*Please note these are just estimations. Monitor your weight over 2 weeks and make adjustments to your intake if necessary.

- The first step in calculating macros is to know the total number of calories you must consume a day.

- By using the chart above, you can calculate your total number of caloric intake depending on your activity level and goal (weight loss, maintenance or weight gain).

- **Or**, you can have an online calculator calculate your estimated daily caloric intake using **https://www.calculator.net/calorie-calculator.html**

- The results will show a number of daily calorie estimates that can be used as a guideline for how many calories to consume each day to maintain, lose, or gain weight at a chosen rate.

## Example

Here is an example of how to calculate macronutrients for a 2,000-calorie diet consisting of 40% carbs, 30% protein and 30% fat.

### Carbs:

- **4** calories per gram
- 40% of 2,000 calories = 800 calories of carbs per day
- Total grams of carbs allowed per day = 800/**4** = 200 grams

### Proteins:

- **4** calories per gram
- 30% of 2,000 calories = 600 calories of protein per day
- Total grams of protein allowed per day = 600/**4** = 150 grams

**Fats:**

- **9** calories per gram
- 30% of 2,000 calories = 600 calories of protein per day
- Total grams of fat allowed per day = 600/**9** = 67 grams

In this scenario, your ideal daily intake would be 200 grams of carbs, 150 grams of protein and 67 grams of fat.

*If you rather have your macronutrients calculated electronically, you can also utilize a Macro Calculator at https://healthyeater.com/flexible-dieting-calculator *

- This macro calculator shows your optimal macronutrients and calories based on your age, height, weight, gender, and activity level.