Part I  Estimating Current Energy Intake from a Food Record

If your weight is stable, your current daily energy intake is the number of calories you need to consume to maintain your weight at your current activity level. If you completed Lab 8.2, you should have a record of your current energy intake; if you didn’t complete the lab, keep a careful and complete record of everything you eat for one day and then total the calories in all the foods and beverages you consumed. (This calculation can be done by hand or by using a nutrition analysis software program or Web site; for example, visit MyPyramid.gov and click on MyPyramid Tracker.) Record your total energy intake below:
Current energy intake (from food record): __________ Calories per day

Part II  Estimating Daily Energy Requirements Using Food and Nutrition Board Formulas

Many people underestimate the size of their food portions, and so energy goals based on estimates of current calorie intake from food records can be inaccurate. You can also estimate your daily energy needs using the formulas listed below. To use the appropriate formula for your sex, you’ll need to plug in the following:
• Age (in years)  • Weight (in pounds)  • Height (in inches)
• Physical activity coefficient (PA) from the table below.

To help estimate your physical activity level, consider the following guidelines: Someone who typically engages in 30 minutes of moderate-intensity activity, equivalent to walking 2 miles in 30 minutes, in addition to the activities in maintaining a sedentary lifestyle is considered “low active”; someone who typically engages in the equivalent of 90 minutes of moderate-intensity activity is rated as “active.” You might find it helpful to refer back to Lab 2.2 to estimate your physical activity level.

<table>
<thead>
<tr>
<th>Physical Activity Level</th>
<th>Physical Activity Coefficient (PA)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sedentary</td>
<td>1.00</td>
</tr>
<tr>
<td>Low active</td>
<td>1.12</td>
</tr>
<tr>
<td>Active</td>
<td>1.27</td>
</tr>
<tr>
<td>Very active</td>
<td>1.54</td>
</tr>
</tbody>
</table>

Estimated Daily Energy Requirement for Weight Maintenance in Men

\[
864 - (9.72 \times \text{Age}) + (\text{PA} \times [(6.39 \times \text{Weight}) + (12.78 \times \text{Height})])
\]

1. \(9.72 \times \text{Age (years)} = \text{__________}\)
2. \(864 - \text{Result from step 1} = \text{__________} \text{[result may be a negative number]}\)
3. \(6.39 \times \text{Weight (pounds)} = \text{__________}\)
4. \(12.78 \times \text{Height (inches)} = \text{__________}\)
5. \(\text{Result from step 3} + \text{Result from step 4} = \text{__________}\)
6. \(\text{PA (from table)} \times \text{Result from step 5} = \text{__________}\)
7. \(\text{Result from step 2} + \text{Result from step 6} = \text{__________} \text{Calories per day}\)
Estimated Daily Energy Requirement for Weight Maintenance in Women

387 - (7.31 \times \text{Age (years)}) + (\text{PA} \times [(4.91 \times \text{Weight}) + (16.78 \times \text{Height})])

1. 7.31 \times \text{Age (years)} = \text{ } \\
2. 387 - \text{Result from step 1} = \text{ } [\text{result may be a negative number}] \\
3. 4.91 \times \text{Weight (pounds)} = \text{ } \\
4. 16.78 \times \text{Height (inches)} = \text{ } \\
5. \text{Result from step 3} + \text{Result from step 4} = \text{ } \\
6. \text{PA (from table)} \times \text{Result from step 5} = \text{ } \\
7. \text{Result from step 2} + \text{Result from step 6} = \text{ } \text{Calories per day}

Daily energy needs for weight maintenance (from formula): \text{ } \text{Calories/day}

Part III Determining an Individual Daily Energy Goal for Weight Maintenance

If you calculated values for daily energy needs based on both methods, examine the two values. Some difference is likely—people tend to underestimate their food intake and overestimate their level of physical activity—but if the two values are very far off, check your food record and your physical activity estimate for accuracy and make any necessary adjustments. For an individualized estimate of daily calorie needs, average the two values:

\[
\text{Daily energy needs} = \frac{(\text{Food record result } \text{Calories/day} + \text{Formula result } \text{Calories/day})}{2}
\]

Using Your Results

How did you score? Are you surprised by the value you calculated for your approximate daily energy needs? If so, is the value higher or lower than you expected?

What should you do next? Enter the results of this lab in the Preprogram Assessment column in Appendix D. If you wish to change your energy balance to lose weight, complete Lab 9.2 to set goals and develop specific strategies for change. (If your goal is weight gain, see p. 303 for basic guidelines.) One of the best ways to tip your energy balance toward weight loss is to increase your daily physical activity. If you include increases in activity as part of your program, then you can use the results of this lab to chart changes in your daily energy expenditure (and needs). Look for ways to increase the amount of time you spend in physical activity, thus increasing your physical activity coefficient. After several weeks of your program, complete this lab again, and enter the results in the Postprogram Assessment column of Appendix D. How do the results compare? Did your program for boosting physical activity show up as an increase in your daily energy expenditure and need?