



Guidelines for Healthy Eating

How to Estimate Your Daily Calorie Needs

Use the following equation
to estimate your daily calories:

1. Your Weight in lbs. / 2.2
= Your Weight in Kilograms
2. (Your Weight in Kilograms x 0.9 for
women or 1.0 for men) x 24 or 30 if
you are active = Your Daily Calories



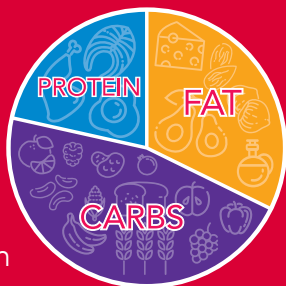
Example: A woman who weighs 150 lbs.
and does not work out:

- $150 \text{ lbs} / 2.2 = 68.18$ kilograms
- $(68.18 \times 0.9) \times 24 = 1,472.69$ calories

What Should I Eat?

Based on those daily calorie needs
you can determine what to eat.

- Protein should be
10 to 30 percent
- Carbohydrates should
be 45 to 65 percent
- Fat should be 25 to
35 percent
- Try to consume less than
10 percent of calories from
added sugar and saturated fats
- Limit sodium intake to less than 2,300 mg
per day



How Much Water Should I Drink?

Depending on activity
level drink .5 to 1
ounce of water for
each pound you weigh.

**Food diary apps like
MyFitnessPal can help you
track these different goals for free.*