

How much should I be eating?

At BodyMatters we do NOT advocate for calorie counting. However we recognise that often people who experience disordered eating require re-education about how much they should be eating as too often this is distorted. This information should be helpful as a baseline to improve your understanding of your nutritional requirements. It is important to note that calories consumed should follow the principals of healthy eating, in that meals should be regular and the food should be varied, and ultimately a person should eat til a comfortable level of fullness.

1. Work out your basal metabolic rate (BMR). This tells you how many calories your body requires every day just to remain alive (even if you do no exercise!). Choose the right formula for you, on the basis of your sex and age to determine this ("W" is your weight in kilograms).

Basal Metabolic Rate (in Calories per day)		
Age Range	Women	Men
10-17	$12.2 \times W + 746$	$17.5 \times W + 651$
18-29	$14.7 \times W + 496$	$15.3 \times W + 679$
30-60	$8.7 \times W + 829$	$11.6 \times W + 879$

You now have your BMR. Write it here: _____

2. If you are underweight, your metabolic rate may have slowed down. The next step is to make adjustments and to take account of this.

BMI less than 14.5	BMR x 0.8
BMI 14.5- 17.5	BMR x 0.9

You now have your adjusted BMR. Write it here: _____

3. Exercise uses calories too. Take your adjusted BMR and multiply by the exercise factor that is nearest to your exercise level. That gives your daily energy expenditure (DEE), the number of calories you need to maintain your present weight.

Daily Energy Expenditure (in Calories per day)		
	Women	Men
Inactive	Adjusted BMR x 1.3	Adjusted BMR x 1.3
Light exercise	Adjusted BMR x 1.56	Adjusted BMR x 1.55
Moderate exercise	Adjusted BMR x 1.64	Adjusted BMR x 1.78

You now have your DEE (in calories). Write it here: _____

4. To convert this to kilojoules, multiply by 4.184.

Write you DEE (in kilojoules) here: _____

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