



# Know Your Nutrition Numbers

## Resting (Basal) Metabolic Rate

This is the amount of energy your body requires to maintain function at rest. It's used only to maintain vital organs and body systems and accounts for about 70% of your daily energy expenditure. Physical activity accounts for approximately 20% of daily calorie burn, while the remaining 10% is used for food digestion. Calculate your RMR by plugging in your weight, height and age into the Mifflin-St Jeor Equation:

- **Male:**  $9.99 \times \text{weight} + 6.25 \times \text{height} - 4.92 \times \text{age} + 5$
- **Female:**  $9.99 \times \text{weight} + 6.25 \times \text{height} - 4.92 \times \text{age} - 161$

## Daily Calorie Needs

To calculate your Daily Calorie Needs you'll take into account the additional amount of calories you burn based on your physical activity level. Take your calculated RMR from above and multiply it by your Physical Activity Factor below:

- **Sedentary** (*Little to no exercise*):  $\text{RMR} \times 1.2$
- **Lightly Active** (*Light exercise 1-3 days a week*):  $\text{RMR} \times 1.375$
- **Moderately Active** (*Moderate exercise 3-5 days a week*):  $\text{RMR} \times 1.55$
- **Very Active** (*Hard exercise 6-7 days a week*):  $\text{RMR} \times 1.725$

## Nutritional Needs

You nutritional needs are the amount of each macronutrient you need based on your daily calorie needs. Carbohydrates account for 45-65% of your calories, fat accounts for 20-35% and protein accounts for 10-35%. Carbohydrates and protein contain 4 calories per 1 gram, while fat contains 9 calories per 1 gram. Take your calculated calorie needs and use the equation below to determine your nutritional needs.

**Carbohydrate:**  $\text{Daily Calorie Needs} \times .45-.65 \div 4$

**Fat:**  $\text{Daily Calorie Needs} \times .2-.35 \div 9$

**Protein:**  $\text{Daily Calorie Needs} \times .1-.35 \div 4$

## Food Group Daily Recommendations

*Fruit contains essential vitamins and minerals, as well as phytonutrients that act as antioxidants and anti-inflammatories. They can be consumed fresh, frozen, canned or dried, as well as whole, cut up or puréed.*

**Men:** 19+ years need 2 cups

**Women:** 19-30 years need 2 cups, 31+ years need 1½ cups

*Vegetables contains essential vitamins and minerals, as well as phytonutrients that act as antioxidants and anti-inflammatories. They can be consumed cooked or raw, fresh, frozen, or canned.*

**Men:** 19-50 years need 3 cups, 51+ years need 2½ cups

**Women:** 19-50 years need 2½ cups, 51+ years need 2 cups

*Grains are either refined which are processed and stripped of their original nutrition, or whole which remain unaltered. Try to make at least half of your daily grains whole grains and aim for a minimum of 25 grams of fiber.*

**Men:** 19-30 years need 8 oz., 31-50 years need 7 oz., 51+ years need 6 oz.

**Women:** 19-50 years need 6 oz., 51+ years need 5 oz.

*Protein Foods include meat, poultry, seafood, eggs, beans and peas, processed soy products, nuts and seeds. Meat and poultry sources should be lean or low fat.*

**Men:** 19-30 years need 6½ oz., 31-50 years need 6 oz., 51+ years need 5½ oz.

**Women:** 19-30 years need 5½ oz., 31+ years need 5 oz.

*Dairy includes fluid milk products and foods that retain their calcium content like cheese and yogurt, as well as calcium-fortified soy milk. Foods that retain little to no calcium such as cream cheese and butter are not included.*

**Men:** 19+ years need 3 cups

**Women:** 19+ years need 3 cups

*Oils are not a food group, but they do provide essential nutrients. They are fats that are liquid at room temperature, and most contain monounsaturated and polyunsaturated fats. However, coconut oil, palm oil and palm kernel oil contain saturated fats and should be considered solid fats for nutritional purposes.*

**Men:** 19-30 years limit to 7 teaspoons, 30+ years limit to 6 teaspoons

**Women:** 19-30 years limit to 6 teaspoons, 30+ years limit to 5 teaspoons

Source: [choosemyplate.gov](http://choosemyplate.gov)

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**Contact your onsite Health Coach for more information:**

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