



live life well.



Tip Of The Week

Nutritional Needs Calculator

- **High activity:** Participation in vigorous physical activity for 60 minutes or more at least 4 to 5 days per week or having a job that is very physically demanding (such as a roofer or aerobics instructor).
- **Intermediate activity:** Participation in moderate physical activity like swimming, jogging, or fast walking, 2 or 3 times a week, 30 to 60 minutes each time.
- **Low activity:** No planned, regular physical activity; occasional weekend or weekly activity is the only type of physical activity (like golf or recreational tennis).

Note: This tool is not applicable to pregnant women, children under age 18, or people over 60

Nutritional Needs Calculator

Current weight:

Sex:

Age:

Weight goal:

Physical activity level:

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Results: Nutritional Needs Calculator

Based on the information you provided, you use approximately **2023** calories per day.

To **meet your weight loss goal**, try to limit your calories to **1523** per day. That way, you will lose approximately 1 lb. per week, as 1 lb. of fat equals about 3,500 calories. The USDA does not recommend a weight loss of more than 1 to 2 lbs. per week.

The recommended distribution of your daily calories is:

carbohydrates:	229 g
protein:	38 g
fat:	51 g