

Calorie Determination Worksheet

Cardiometabolic Food Plan

Calorie Assessment

Resting Metabolic Rate (RMR): _____
 Adjustment, Activity Factor: X _____
 Adjustment for Body Fat Loss or Muscle Gain: _____
 Recommended Calories/Day: _____

RMR Calculation

Men $9.99 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 4.92 \times \text{age (y)} + 5$
Women $9.99 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 4.92 \times \text{age (y)} - 161$

Adjustments

Activity Factor Adjustment		Calorie Adjustment for Loss/Gain	
		Body Fat Loss	Muscle Gain
No Minimal Activity	RMR	-250	+250
Minimal Daily Activity	RMR x 1.2	-250	+250
Mild Daily Activity	RMR x 1.3	-500	+500
Moderate Exercise	RMR x 1.5	-500	+500
Heavy Exercise (6-7X per week)	RMR x 1.7	-500	+500

Number of Servings per Day per Calorie Level:

	1200	1300	1400	1500	1600	1800	2000	2200	2500	3000
Fats & Oils	3	3	4	4	4	4	4	4	6	7
Nuts & Seeds	2	2	2	2	2	3	4	4	4	4
Lean Protein	7	8	9	9	9	10	10	12	13	16
Non-starchy Vegetables	5	7	7	7	7	8	10	10	13	15
Legumes	1	1	1	2	2	2	2	3	3	4
Dairy/Alternatives	1	1	1	1	2	2	3	3	3	3
Starchy Vegetables	1	1	1	1	1	1	1	1	2	3
Fruit	2	2	2	2	2	2	2	2	2	3
Grains	1	1	1	1	1	2	2	2	2	2

Water (in ounces) = 50% desirable weight (in pounds)

NOTE: Use the IFM Macronutrient Distribution Calculator and Spreadsheet to generate additional calorie levels.