

How many calories are in a Pound? **3500** calories = 1 pound

What is your Ideal Body Weight (IBW)? IBW is a Life Insurance Term.

CALCULATE IDEAL BODY WEIGHT: (USE BMI ALTERNATIVE – SEE REVERSE)

Women	Kg Lbs	Men
105 lbs for 5 feet _____	50 110	106 lbs for 5 feet _____
+ 5 lbs per inch over _____	55 121	+ 6 lbs per inch over _____
± 10 % _____	60 132	± 10 % _____
= IBW in pounds _____	65 143	= IBW in pounds _____
Divide by 2.2 _____	70 154	Divide by 2.2 _____
= IBW in Kgs _____	75 165	= IBW in Kgs _____
	80 176	
	85 187	
	90 198	
	95 209	
	100 220	

How many calories should you eat?

Calculate Total number of calories for Maintenance of **IBW**?

25-30 calories/kg depending on level of activity.

Multiply 25 cal/Kg of ideal body weight from above: **25** x _____ = _____ cal/day

Multiply 30 cal/Kg of ideal body weight from above: **30** x _____ = _____ cal/day

YOUR cal/day to **maintain** your weight would be between _____ and _____.

How much will you lose if...?

Decrease calorie intake by 250 calories/day

250 cal/day X **7** days = **1750** calories / week = **26** pounds per year weight loss!

Decrease calorie intake by 500 calories/day

500 cal/day X **7** days = **3500** calories / week = **52** pounds per year weight loss!

Where are you going to shop?

Demonstrate calories per gram of carbohydrate, protein, and fat.



Gram of Carbs

Gram of Protein

Gram of fat

Food Information:

Calorie King.com

www.calorieking.com

Exercise Information:

Mr. Trainer.com

www.MrTrainer.com