

How many grams of fat do YOU need daily?

Step #1 Determine how many calories you need daily.

- Estimate your basic metabolic rate (BMR)

<u>Age</u>	<u>Use this equation to calculate your BMR</u>
MEN	
18 to 30	[15.3 X Weight (in KG ^{**})] + 679
30 to 60	[11.6 X Weight (in KG ^{**})] + 879
Older than 60	[13.5 X Weight (in KG ^{**})] + 487
WOMEN	
18 to 30	[14.7 X Weight (in KG ^{**})] + 496
30 to 60	[8.7 X Weight (in KG ^{**})] + 829
Older than 60	[10.5 X Weight (in KG ^{**})] + 596

**Pounds/2.2 = Weight in KG

- Determine your activity factor value

If throughout most of your day, your activities include...	Your activity level is...	Your activity factor is...
Sitting or standing; driving; Painting; doing lab work; sewing; Ironing; cooking; sleeping or laying Down; reading; typing	Very Light	0.2
Doing garage, electrical, Carpentry or restaurant work; House cleaning; caring for children; Golfing; sailing; light exercise	Light	0.3
Heavy gardening or housework; Cycling; playing tennis; dancing; Very little sitting	Moderate	0.4
Heavy manual labor; construction; Playing sports; climbing	Heavy	0.5

- Multiply your basic energy needs by the activity factor value

$$\frac{\text{BMR}}{\text{BMR}} \times \frac{\text{Activity Factor}}{\text{Activity Factor}} = \frac{\text{Calories for Activity}}{\text{Calories for Activity}}$$

- Determine the number of calories you need for digestion and absorption of nutrients (digesting and absorbing nutrients uses about 10% of your daily energy needs)

$$\left(\frac{\text{BMR Calories}}{\text{BMR Calories}} + \frac{\text{Activity Calories}}{\text{Activity Calories}} \right) \times 10\% = \frac{\text{Calories for digestion/absorption}}{\text{Calories for digestion/absorption}}$$

- Total your energy needs

$$\frac{\text{BMR Calories}}{\text{BMR Calories}} + \frac{\text{Activity Calories}}{\text{Activity Calories}} + \frac{\text{Digestion/absorption Cals}}{\text{Digestion/absorption Cals}} = \frac{\text{Total calories Needed Daily}}{\text{Total calories Needed Daily}}$$

Step #2 Take 30% of total calories needed daily

$$\frac{\text{Total calories needed daily}}{\text{Total calories needed daily}} \times \frac{.30}{\% \text{ of fats}} = \frac{\text{Calories needed from fats}}{\text{Calories needed from fats}}$$

Step #3 Divide calories needed from fats by 9 calories per gram of fat

$$\frac{\text{Calories needed from fats}}{\text{Calories needed from fats}} \div \frac{9}{9 \text{ calories per gram of fat}} = \frac{\# \text{ of fat grams needed}}{\# \text{ of fat grams needed}}$$

This last number tells you how many fat grams you can eat daily to get 30% of your calories from fats. It is best to eat <30% of total calories consumed from fats.