

# Set Your Daily Calorie Goal

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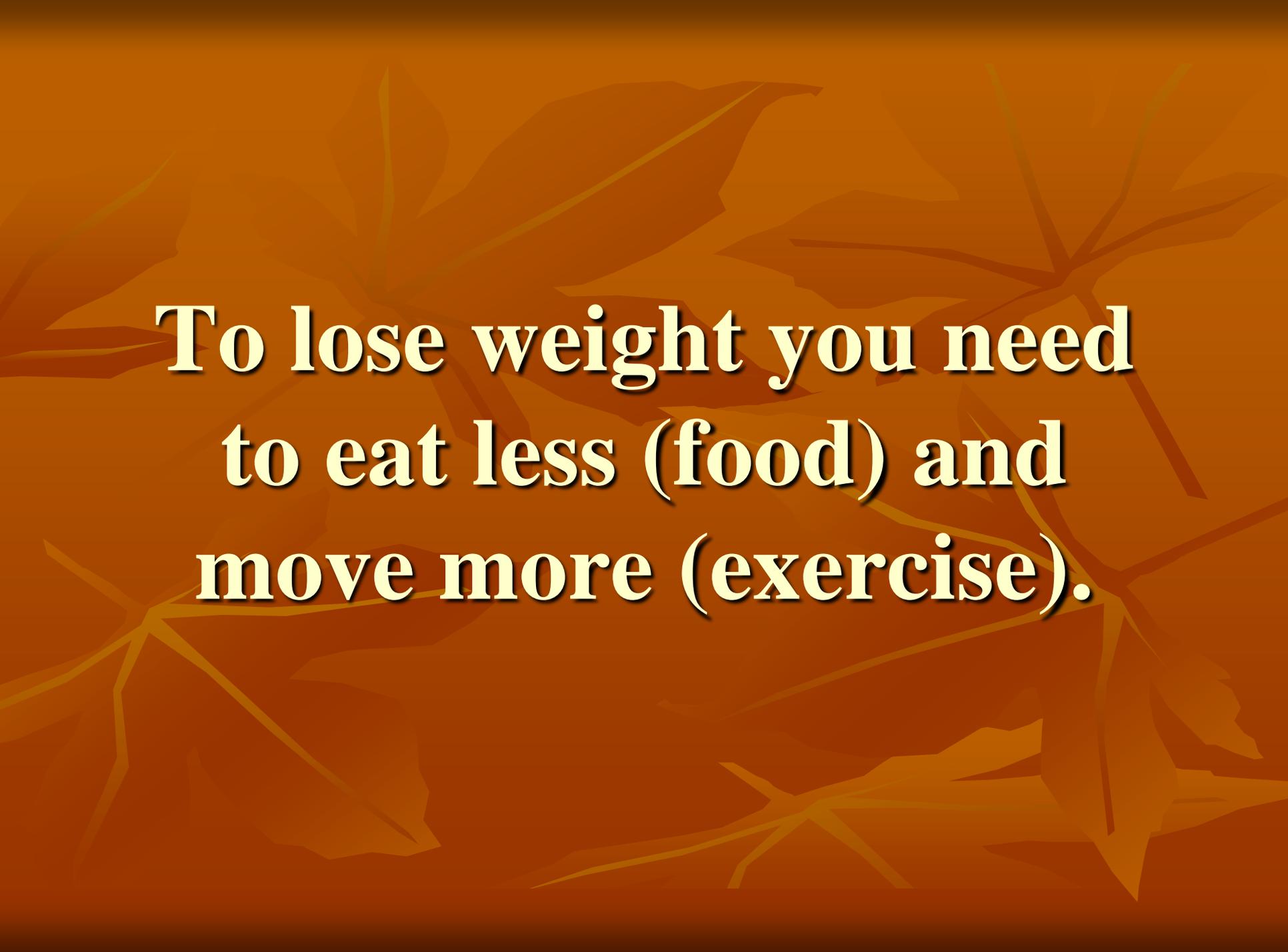
- Calorie is a measurement of energy
- Your body needs energy/calories as fuel for normal body functions and physical activities
- Calories are taken **IN** by the food you eat and are burn **OUT** by your daily physical activity and exercise

# Your daily calorie needs depends upon age, gender and physical activity

- Male over 50 years old:
  - sedentary- multiply wt/lb by 10
  - somewhat active- multiply wt/lb by 11
  - moderate exerciser- multiply wt/lb by 12
- Male:
  - Sedentary- multiply wt/lb by 12
  - somewhat active- multiply wt/lb by 13
  - moderate exerciser- multiply wt/lb by 14
  - Heavy work or physical labor- multiply wt/lb by 15
- Female under 50 years old:
  - sedentary- multiply wt/lb by 11
  - somewhat active- multiply wt/lb by 12
  - moderate exerciser- multiply wt/lb by 13
- Extremely active athlete
  - and people whose jobs demand an unusual amount of physical activity work- multiply by wt/lb by 16-18

# Set your Daily Calories Goal

- To lose weight you need to have a deficit of calories (eat less calories than your body needs for daily use)
- To lose one pound a week you need to eat 500 cal/day less than the amount of calories needed to keep actual weight
  - For example
    - Female, 5'4" tall, exercise occasionally and weight 185 ( $185 \times 12 = 2,220$ )
    - she needs 2,220 kcal/day to keep current weight
      - To lose 1 lb/wk ( $2,220 - 500 = 1,720$ )      1,720kcal./day
      - To lose 2 lb/wk ( $2,220 - 1,000 = 1,220$ )      1,220kcal./day



**To lose weight you need  
to eat less (food) and  
move more (exercise).**

- In order to lose weight you need to eat less calories than your body need and use, which will create a deficit and will allow the body to use storage energy.
- If you take in more calories (energy) than you need, you store the extra calories as fat.

# How To Lose Weight Correctly

- Avoid dropping calorie below 1,000 cal/day.
- Substitute high fat foods for low ones.
- Keep a food diary (amount and kind of food).
- Start a physical activity plan or exercise program.
- Change eating habits to healthy ones.
- Be realistic with your expectation and goals.

Create an exercise and diet plan that can be followed easily and for long time.

The background of the image is a solid, warm orange-brown color. Overlaid on this background are several large, stylized leaf patterns in a slightly darker shade of the background color. The leaves are arranged in a way that they appear to be scattered across the frame, with some overlapping. The overall aesthetic is autumnal and natural.

**Never Skip a Meal!**

- Eating very little during the day or nothing at all, and then overeating at night is one of the most common eating patterns seen in this country and this behavior is associated with obesity and heart diseases.
  - you may not feel hungry all day and then feel starved during the evening and overeat.
  - the next morning you may not feel hungry because you may still feel full from what you eat the previous night.

# Overeating at night may become a vicious cycle, resulting in no weight loss or even in weight gain

- Not eating all day may turn off the body's signal of physiological hunger and slow down your Metabolism (the amount of calories-energy- that you body need to maintain regular daily activities)
- It is impossible to control food portion size at night, when you have not eaten all day and the urge to eat is high

- If you don't eat during the day, you will be less likely to have enough energy for exercise in the evening
  - it can make you feel fatigue and tired
  - if you are tired, you are less likely to exercise and more likely to overeat

# Never Skip a Meal Rules

- ✓ Have three meals and one snack a day within a minimum of 4 hour apart or 5 to 6 small meals/day within 2 to 3 hours apart
- ✓ Do not stay more than 5 hours without a planned meal or snack
- ✓ Have half of your calories for the day before the evening
- ✓ Keep your calorie goal for the day spread between your 3 or 5 meals a day

# If your Calorie Goal is 1,500

- 3 meals - 1 snack within 3 to 4 hours apart:

|           |          |         |          |
|-----------|----------|---------|----------|
| 9:00am    | 12:00    | 3:00pm  | 7:00pm   |
| breakfast | lunch    | snack   | dinner   |
| 300 cal.  | 400 cal. | 300 cal | 500 cal. |

|           |         |         |         |
|-----------|---------|---------|---------|
| 8:00am    | 12:00   | 4:00pm  | 8:00pm  |
| breakfast | lunch   | dinner  | snack   |
| 400cal.   | 400cal. | 400cal. | 300cal. |

In all the examples you eat about 1,000 calories before 5pm

# If your Calorie Goal is 1,500

- 3 meals/day within 5 hours apart:

|           |          |          |
|-----------|----------|----------|
| 8:00am    | 1:00pm   | 6:00pm   |
| breakfast | lunch    | dinner   |
| 400 cal.  | 600 cal. | 500 cal. |

- 5 small meals/day within 3 hours apart:

|           |          |         |          |          |
|-----------|----------|---------|----------|----------|
| 8:00am    | 11:00am  | 2:00pm  | 5:00pm   | 8:00pm   |
| breakfast | lunch    | snack   | dinner   | snack    |
| 300 cal.  | 400 cal. | 200 cal | 400 cal. | 200 cal. |

In all the examples you eat about 1,000 calories before 5pm

# Tips for Weight Loss!

- Learn to eat when you are hungry and stoping when you are comfortably full
  - Avoid overeating (never eat until you can eat any more)
- Learn to choose the right type of food:
  - lean or low fat, low sugar, high fiber (vegetable, whole fruits and whole grains)
  - avoid liquid calories (juices, soda, sugary fruit drinks, high energy drinks...)
- Get into the routine of exercising frequently and increase your day-to-day physical activities, such as:
  - taking the stairs instead of the elevator, walk home, daily walks at your lunch time
- Avoid skipping a meal

# Expecting yourself to meet your diet goals 100% perfect all the time is setting you up for failure

- “Diet” means every thing that you eat, so in reality we are always on a diet
  - One day that your diet was not the best one, shouldn't be a reason to stop trying to eat better
- Negative thinking usually indicates dichotomous thinking
  - You need to realize how illogical it is to feel terrible for the one time you overeat
- Instead of that terrible and failure feeling give yourself a break
  - Think about ways on how to avoid this behavior that sends you to overeat