

Table 10.1**Calculating your body's caloric needs.****A. BASAL METABOLIC RATE**

First, find the number of kilocalories required to maintain basal metabolism, that is, to keep you alive when you are inactive and lying down:

Average adult woman	21.6 kcal/kg body weight per day
Average adult man	24.0 kcal/kg body weight per day

This works out to about 1225 kcal daily for a 125-pound woman or 1850 kcal for a 170-pound man. (1 pound = 0.454 kg)

B. LEVEL OF ACTIVITY

Multiply the figure obtained above by a factor depending on your normal level of activity:

- 1.35 for sedentary activity (e.g., telephone sales, TV viewing)
- 1.45 for light activity (e.g., college studies, office work with occasional errands, light housekeeping)
- 1.55 for moderate activity (e.g., nursing, vigorous housekeeping, waiting on tables, light carpentry)
- 1.65 for heavy activity (e.g., pick-and-shovel work, bricklaying, full-time competitive athletics)

C. OTHER FACTORS

Figures obtained above need to be increased by as much as 10% for any of the following conditions:

- Growth (children 15 years old and younger)
- Pregnancy
- Recovery from a major illness or injury

D. INDIVIDUAL DIFFERENCES

Figures calculated above are only guidelines or averages. Your individual need may either be greater or smaller. If you maintain a steady caloric intake on a day-to-day basis and you gain weight, your caloric intake is greater than your caloric needs. Conversely, if you lose weight, your intake is less than your caloric needs.

BOX 10.2 Obesity and the Body Mass Index (BMI)

The new definitions of overweight and obesity are based on the Body Mass Index (BMI), calculated as described below. A person with a BMI of 25 or higher is considered overweight, and a person with a BMI of 30 or above is considered obese. On the basis of these criteria, the CDC estimates that over 60% of adults in the United States are overweight or obese, and they have declared obesity to be a "public health epidemic." The CDC (at www.cdc.gov/nccdphp/dnpa/obesity) lists a total of 20 disease conditions to which overweight or obesity contributes.

TO CALCULATE YOUR BODY MASS INDEX:

Divide your weight by your height, then divide by your height again. (The formula is $BMI = w/h^2$.)

- If you measured your weight in kilograms and your height in meters, the result is your BMI.
- If you used kilograms and centimeters, multiply the result by 10,000 to get your BMI.
- If you used pounds and inches, multiply the result by 703.7 to get your BMI.

According to the CDC, the incidence of overweight and obesity has been increasing in the United States.

Percent of U.S. adults	Overweight but not obese (BMI 25–29.9)	Obese (BMI 30 or above)	Total overweight (BMI 25 or above)
1980	33%	15%	48%
1999–2000	34%	30%	64%