

Dieticians calculate how many calories we need

The key variables which determine daily energy requirements are:

Age, sex, height, weight and level of physical activity

These differ from person to person.

You are going to **calculate** the **energy requirements** for either yourself or for a family member or friend.

Age yrs

Person:

Height cm

Weight kg

Estimated average requirement = Basal Metabolic Rate (BMR) \times Physical Activity Level (PAL)

Use the **Energy requirements fact card** to calculate basic metabolic rate and physical activity level.

BMR

\times

PAL

=

Energy kcal

Compare your estimate to the **recommended value.**

Recommended daily energy requirement (kcal)

Age	Boys	Girls
11-14	2,220	1,845
15-18	2,775	2,110
Adults	2,550	1,940

Source: British Nutrition Foundation