

TDEE CALCULATOR

Link To Online Calculator: <https://www.freedieting.com/calorie-calculator>

TDEE Explained

Your Total Daily Energy Expenditure (TDEE) is the number of calories that your body burns in one day. It is calculated by estimating how many calories you burn while resting (= Basal Metabolic Rate or BMR) and adding a certain number of calories on top, depending on how often you exercise.

The simplest method of calculating your TDEE is by using an online calculator such as the one I linked above. It will ask you for your age, weight, height and weekly exercise. While the result will not be 100% accurate – since we all have different metabolisms and BMRs – it will give you a good idea of how many calories you need to consume in order to maintain your current weight.

In case the abbreviations used by many TDEE calculators confuse you, here is an explanation of the most common ones:

BMR: Basal Metabolic Rate, which describes all the calories your body burns while resting (= with no activity)

TEF: Thermic Effect of Food, which describes all the calories burned while digesting any kind of food you ate

NEAT: Non-Exercise Activity Thermogenesis, which describes all the calories burned during all activity but exercise

TEA: Thermic Effect of Activity, which describes all the calories burned when exercising

TDEE Formulas (for the fitness geeks ;-)

Harris-Benedict:

Women BMR = $655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in yrs})$

Men BMR = $66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in yrs})$

Mifflin-St. Jeor:

Women BMR = $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

Men BMR = $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$

Katch-McArdle (need to know your bodyfat %):

$\text{BMR} = 370 + (21.6 \times \text{Lean Body Mass (kg)})$

$\text{Lean Body Mass} = (\text{Weight(kg)} \times (100 - (\text{Body Fat}))) / 100$

To then calculate your TDEE, simply multiply your BMR by these activity factors:

Sedentary (little to no exercise + work a desk job) = 1.2

Lightly Active (light exercise 1-3 days / week) = 1.375

Moderately Active (moderate exercise 3-5 days / week) = 1.55

Very Active (heavy exercise 6-7 days / week) = 1.725

Extremely Active (very heavy exercise, hard labor job, training 2x / day) = 1.9