Metabolism & Energy

* Male
* Weight = 76.2 kg.
* Height = 171 cm.
* Age = 20 year old

BMR = 66 + ( 13.7 \* 76.2 ) + ( 5 \* 171 ) – ( 6.8 \* 20 )

= 1829 kcal

Low exercise or sport 1 – 3 days / week

Overall energy

Basal metabolism 1829 kcal

Physical activity 1.375

Energy need = 1829 \* 1.375 = 2514.875 kcal

Specific dynamic action = 251.49 kcal

Total energy needed = 2766.365 kcal

CHO-containing food 55 % = 1521.50 kcal

Food-fat 30% = 829.91 kcal

Protein 15% = 414.95 kcal

Energy values of foods

CHO = 4kcal/g

Fat = 9 kcal/g

Protein = 4 kcal/g

CHO-containing food = 380.375 g

Food-fat = 92.21 g

Protein = 103.74 g

 

