

Assignment10

1. My caloric needs calculated using the Mifflin-St Joer Formula is:

$$\text{REE} = (10 \times 52\text{kg}) + (6.25 \times 160\text{cm}) - (5 \times 20) + 5$$

$$= 520 + 1000 - 100 + 5 = 1425 \text{ calories per day}$$
2. I chose the “Moderately active” factor because I go to the gym 5 times a week, each session is 30 – 45 minutes long, but nothing else outside walking to places.
 Thus, my REE = $1425 \times 1.550 = 2208.75$ calories per day.
3. For me to eat 2209 calories per day, I will split up my plate as
 - 55% Carbohydrates
 - 55% of 2209 = 1214.95
 - $1214.95 \div 4 \text{ cal/g} = 303.7375 = 304\text{g carbohydrates}$
 - 15 % Proteins
 - 15% of 2209 = 331.35
 - $331.35 \div 4 \text{ cal/g} = 82.8375 = 83\text{g proteins}$
 - 30% Fats
 - 30% of 2209 = 662.7
 - $662.7 \div 9 \text{ cal/g} = 73.63 \text{ recurring} = 74\text{g fats}$
- 4.

| Nutrient | Breakfast | Lunch | Dinner | Total |
|----------|-----------|-------|--------|-------|
| Carb | 54 | 125 | 125 | 304 |
| Protein | 13 | 35 | 35 | 83 |
| Fat | 14 | 30 | 30 | 74 |

5. Breakfast

| Food Group | I will eat | Serving size | g of Carbs | g of Fibre | g of Protein |
|-----------------------------|------------|--------------|------------|------------|--------------|
| Dairy | Milk | 2 (a bowl) | 24 | | 16 |
| Fruit | | | | | |
| Grains | Cereal | 1 cup | 30 | | |
| Protein | | | | | |
| Total g of carb and protein | | | 54 | | 16 |

Dinner

| Food Group | I will eat | Serving size | g of Carbs | g of Fibre | g of Protein |
|-----------------------------|------------|--------------|------------|------------|--------------|
| Dairy | Cheese | 1 | | | 8 |
| Fruit | Banana | 1 | 15 | | |
| Grains | Pasta | 4 | 60 | | |
| Vegetable | Lettuce | 3 (raw) | 45 | | |
| Protein | Chicken | 3 | | | 21 |
| Total g of carb and protein | | | 120 | | 29 |

Snack

| Food Group | I will eat | Serving size | g of Carbs | g of Fibre | g of Protein |
|-----------------------------|------------|--------------|------------|------------|--------------|
| Dairy | Yogurt | 1 | 12 | | 14 |
| Fruit | Apple | 1 | 15 | | |
| Grains | Bread | 2 | 30 | | |
| Vegetable | | | | | |
| Protein | Ham | 1 | | | 7 |
| Total g of carb and protein | | | 57 | | 21 |