Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food and Nutrition 103

Assignment #3: Assessing your Body Composition and Caloric Needs

What is your:

1. Height in inches

62.5”

1. Weight in pounds

108 lbs

1. Waist circumference in inches

25”

1. Hip circumference in inches

34”

1. Waist-to-hip ratio

25/34 = 0.73529

1. Waist-to-hip ratio health risk classification

Low Risk

1. Body Mass Index number

108 / (61.5)2 X 703 = 20.0737

1. Body Mass Index classification

Healthy Weight :D

1. Wrist circumference and classification

5.85” which is less than 6”, so I have a small frame

1. Ideal body weight

At 5’ 1.5”, my IBW before including my wrist size is 100 + 5 \* (1.5) = 107.5

Taking my wrist circumference into account, I subtract 10%: 107.5 – 107.5 \* 0.1 = 96.75

1. Caloric needs using the “quick method”

I am not very active, so the quick method would suggest: 13 \* 108 = 1404