Determining Calorie Needs
Using Mifflin St. Jeor Equations

1st convert your WEIGHT to kg:
1 pound = 2.2 kg  
Your wt in lbs ______ / 2.2 = _______ kg

Next convert your HEIGHT to cm
1 inch = 2.54 cm  
Your ht in inches ______ x 2.54 = _______ cm

FEMALES
REE (kcal/d) = [10 x ______kg] + [6.25 x ______cm] - [5 x _____] - 161

MALES
REE (kcal/d) = [10 x ______kg] + [6.25 x ______cm] - [5 x _____] + 5

________________ + _______________ - ________ -/+ (161 or 5) =

_______(kcal/d) x ________activity factor = ______________ (kcal/d) needs