

Weight Management Clinic-Nutrition Calculations

Date: _____

1. Daily Protein – How to calculate your daily protein requirements

1st ---calculate your weight in kilograms (kgs)

Your weight in pounds \div 2.2 = Your weight in kgs _____

2nd---use this formula to calculate your daily protein requirements

Formula: ____1____ (Protein range) X _____ (your weight in kgs) = _____ grams of protein per day

Protein Ranges (grams/kg): 0.8 **1.0** **1.2** 1.5 2.0

(use 1.0 unless advised otherwise by Dr. Romero)

2. Daily Calories – How to calculate your daily calorie requirements

BMR _____ X Activity/Energy level (1.2) = _____ Calories/day

Use the BMR from your bioimpedance strip

Use Activity/Energy level of 1.2 unless advised otherwise by Dr. Romero

Recommended Calories for Weight Loss: _____ Calories/day

Recommended Calories for Weight Maintenance: _____ Calories/day

3. Daily Water

1oz X (your weight in kg) = _____ ounces/day

4. Daily Carbohydrates – How to calculate your daily carbohydrate tolerance

Liberal Low Carb: 50 – 100 grams/day

Moderate Low Carb: 20 – 50 grams/day

Strict /Keto Low Carb: less than 20 grams/day

**Start with 90 to 100 grams per day. If your weight loss plateaus or slows, decrease the daily carbs by 20 grams. The goal is to find your carbohydrate tolerance. If you have diabetes/prediabetes/insulin resistance/metabolic syndrome, your tolerance may be low and you may have to lower your carbs. Get rid of processed foods/carbs first.