



FREE APP
iPhone &
Android

✓ Type 2 Diabetes

✓ Weight Loss

✓ 5:2 Diet

WORKING OUT YOUR CALORIE REQUIREMENTS

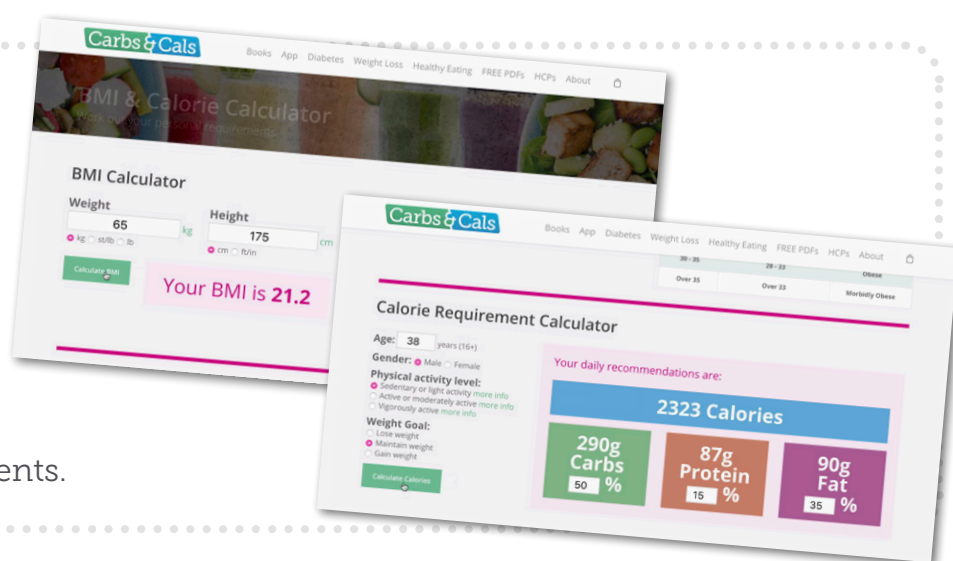
The number of calories we require varies a lot between individuals and depends on a number of factors, including age, gender, physical activity and whether you are trying to lose, maintain or gain weight.

The Guideline Daily Amount (GDA) for calories is **2,000** for an average woman and **2,500** for an average man. However, if you are physically inactive or trying to lose weight you may need many fewer calories than this.

A Registered Dietitian can help you to understand your individual calorie requirements.

CALORIE REQUIREMENT CALCULATOR

The Carbs & Cals website includes a Calorie Requirement Calculator to help you estimate your personal calorie requirements.



PLEASE VISIT: www.carbsandcals.com/BMI

You will need the following information when using the Calorie Requirement Calculator:

- ★ Age
- ★ Gender
- ★ Weight
- ★ Height
- ★ Physical Activity Levels
- ★ Whether you would like to gain, lose or maintain your weight.

KEY POINT

Once you have completed the Calorie Requirement Calculator you will know your daily targets for calories, carbs, protein and fat. The Carbs & Cals book and app can then help you to move towards achieving these targets each day.