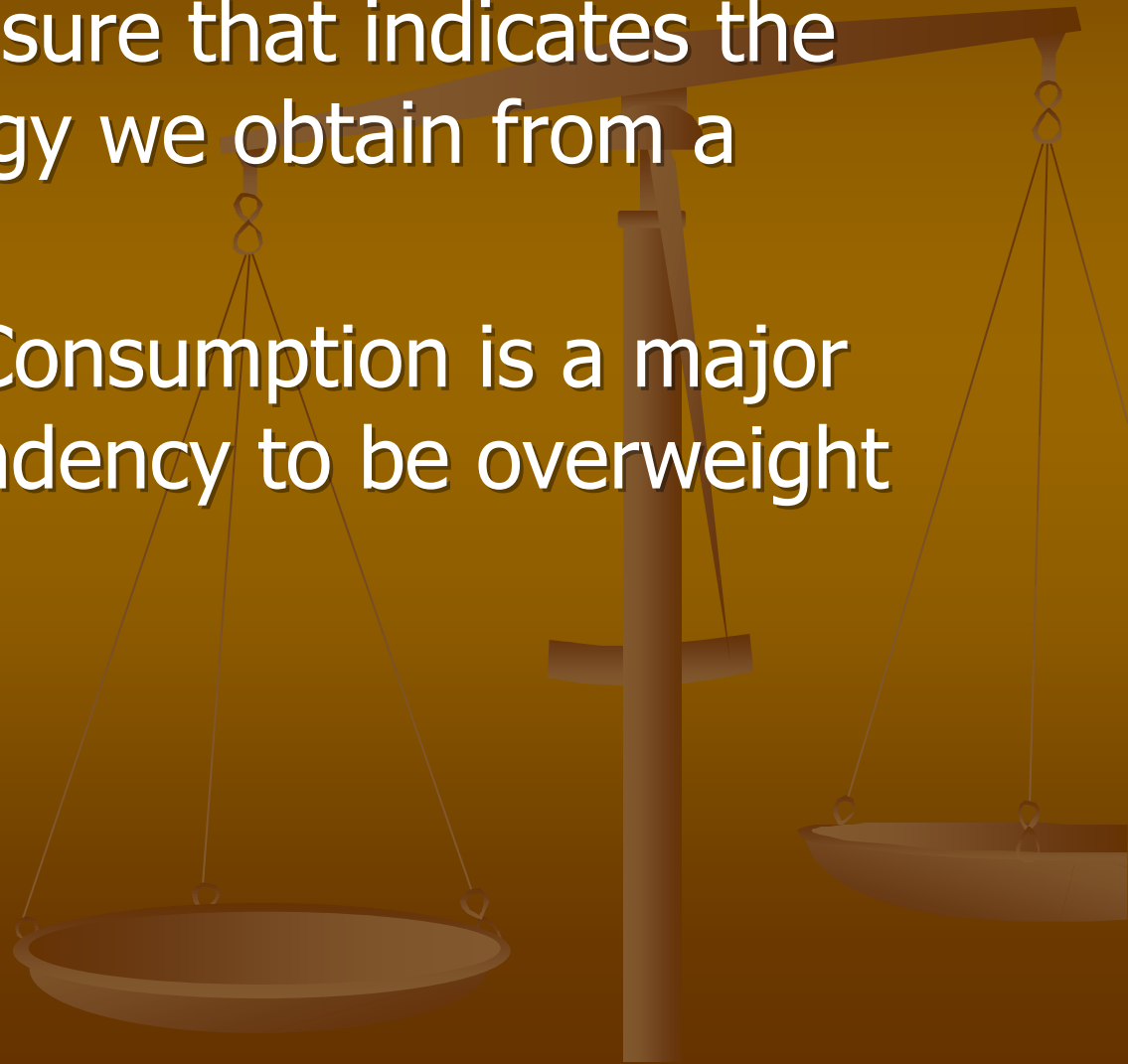


Calories & BMR



Calorie

- Is a unit of measure that indicates the amount of energy we obtain from a particular food.
- Excess Calorie Consumption is a major factor in our tendency to be overweight



Nutritionist Recommendations RE

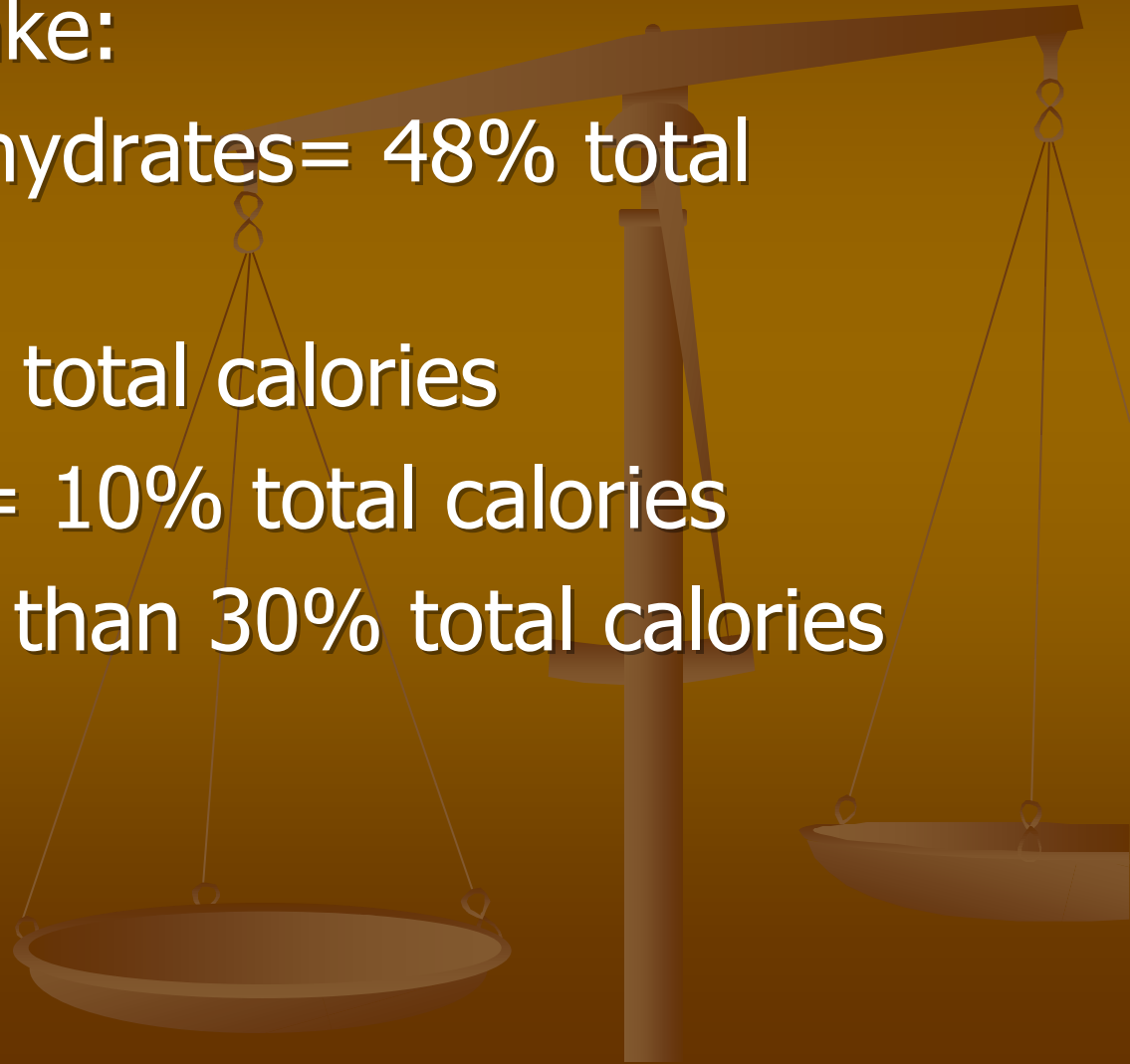
- Our Calorie Intake:

Complex Carbohydrates = 48% total calories

Proteins = 12% total calories

Simple Sugars = 10% total calories

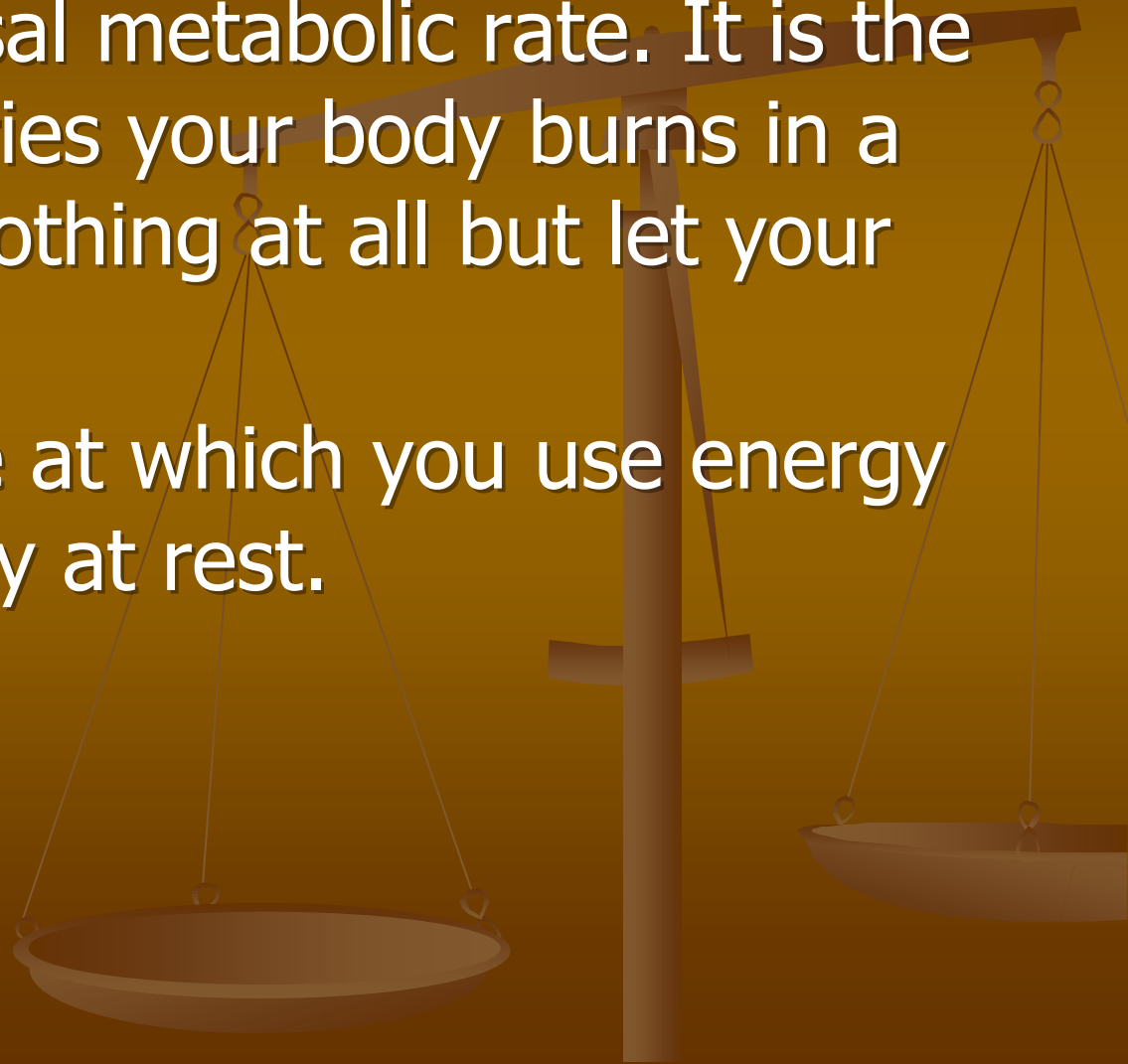
Fats = no more than 30% total calories



BMR

- BMR is your basal metabolic rate. It is the number of calories your body burns in a day if you did nothing at all but let your body function.

BMR = The rate at which you use energy when completely at rest.



Factors Influencing BMR

- Age
- Sex
- Weight
- Body Size & Shape

