

For a balanced eating plan: calculate your Daily calories needs, then the Servings of each food group.

Daily Calorie Needs

A = "Desirable" Body Weight If small frame subtract 10% If large frame add 10 %	Women allow 100 lb for first 5 ft. of height, add 5 lbs for each additional inch	Men allow 106 lb for first 5 ft. of height, add 6 lbs for each additional inch	A _____
B = Basil Calories- what it takes for basic bodily functions	Women Desirable wt. (A) X 10	Men Desirable wt. (A) X 11	_____ (A) X (10 or 11) = _____(B)
C = Age affects calories needed	_____ (Age in years) – 25 = _____ X 10 = _____(C)		C _____
D = Activity and Calories 3= sedentary 4= inconsistent exercise 5= consistent exercise 4-5/wk 10 = athlete	_____ (A) X _____(activity level 3,4,5,or 10) = _____(D)		D _____
E = Calories to maintain desirable body weight	B – C + D = E		E _____

These are general guidelines, **your belly hunger is the BOSS, it is the TRUTH**, notice the difference between **Mouth/mind hunger** and true belly hunger and fullness. Remember to make a **Perfect Match** by imagining the food in your belly, put your hand on your belly to register what is a **fit**, the belly can't lie!

Servings of each Food Group for a daily balanced eating plan

Total Daily Calories	Starches (1piece or 1/3 cup=1 serving)	Vegetables (1-1 ½ cup= 1 serving)	Fruit (½ -1piece of medium size fruit=1 serving)	Low fat milk (8 ounces= 1 serving)	Meat or Meat alternative (1 ounce = 1 serving)	Fats (1 teaspoon)
1200	5.5 6 6	4 3 3	3 3 4	2 1 0	3 5 6	3.5 4 3.5
1500	6 6 8	5 5 3	5 3 5	2 2 0	5 6 7	4 5 5
1800	8 9 10	5 5 4	6 7 4	2 0 1	5 8 8	5.5 6 5
2000	8 10 11	5.5 4 5	6 5 6	2.5 2 0	6 8 8	6 6 6
2400	15 15	5 6	8 6	0 1	8 8	8 7
2800	14.5	7	7	3	8	8.5

All are healthy plans according to the American Dietetic Association and the American Heart Association.

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