

how much should i eat?

It is sometimes confusing to know what we should be eating, let alone how much. How much is right? Let's look at a few easy ways to figure this out.

CALORIES

How much should you eat? It depends on gender, height, weight, and the lifestyle you live. As you review this information, remember most importantly to include a wide variety of foods in your meals and don't go hungry. Likewise, avoid binge-eating or constantly over-eating as this can lead to extra weight gain.

Here's a simple way to estimate your calorie needs:

$$\frac{\text{Current weight}}{2.2} \times \text{Basal Metabolic Rate} \quad (.9 - \text{females}/1.0 - \text{males})$$

This is the average amount of calories you burn in 1 hour. Now multiply this by 24 hours. This is roughly the number of calories you need to perform the basic functions of life. Now add your activity factor from this chart:

Activity Level	Females	Males
Sedentary (sitting, normal movement)	0.3	0.325
Light (light movement, cleaning house, ping pong)	0.5	0.6
Moderate (bike riding, dancing, fast walking)	0.6	0.725
Heavy (physical labor, fast running, basketball)	0.9	1.05
Exceptional (hard exercise 2-3 hours / day, pro athletes)	1.2	1.375

Select an activity level and multiply it by the basic level of calories you need to fuel your body for your activity level. Add this to your basic calorie needs and you have an estimate of what you should be consuming each day. If you are gaining weight, this is too much and you need to cut back a bit.

HOW ELSE CAN I KNOW WHAT AMOUNTS ARE RIGHT FOR ME?

Shawn Talbot, PhD in Nutrition Biochemistry and Executive Producer of *The Killer At Large* came up with this easy way to estimate how much food we need at each meal. Everything we need is right in our hand, just look at it when you pick up your fork.

FRUITS AND VEGETABLES

Your hand is just the right size for your fruits and vegetables at each meal.

CARBOHYDRATES

Your fist is a good indicator of the size of complex carbohydrates you should enjoy at each meal.

PROTEIN

Your palm is a good example of a 3-4 oz. portion of protein.

FATS

We need healthy fats, 2-3 Tbsp/day for weight maintenance, or half of that to lose weight. A Tbsp. is about the size of your thumb tip to the joint.

How much should you eat? Learn to listen to your body and learn to stop when you are satisfied. If you work to eat a variety of foods—hearty grains, whole fresh fruits, vegetables and lean protein with a moderate amount of fat, you are on the right track!

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