Visit http://www.nat.uiuc.edu/energy/daily.html

Energy Calculator

- Daily Calculator

Calculate approximately how much energy you burn during the day.

How much energy you burn during the day?
Levels of Activity in Hours (Hours must total 24)

Resting: 10

Inactivity: 6

Very light activity: 5

Light exercise: 1

Moderate exercise: 1

Heavy exercise: 1

Total= 24

Type in Total daily calories you burn: **2128.8 kcal**

How many calories did you consume on day 1? 847.47 kcal
How many calories did you consume on day 2? 334.61 kcal

Average daily calories: 591.04 kcal

Discuss your average calories you consume compared to the recommended level based on your activity level (see sheet).
My average calorie count is less than the recommended 2200 calories. I am trying to lose weight so I am watching the amount of total carbohydrates that I consume; which ends up lowering my total calories for the day. On the BMI scale I am at a healthy weight, but I tend to be at the higher end of the healthy weight level. I would like to get to the middle of the healthy weight of the BMI index. Also, I only eat when I am hungry and try to stay away from eating when I am bored which can cause you to consume more calories.

Discuss how many calories you burn compared to the amount you consume daily?
I burned more calories than I consumed daily. My activity levels allow me to burn 2128.8 kcal a day and I only consume 591.04 kcal. I am burning more calories than I consume to hopefully burn off fat and lower my BMI.

However, it is necessary for me to consume enough calories to supply my body with enough energy for working out. If I do not consume enough calories, I will be putting my health at risk when working out. The effects of this could be dizziness, fainting, feeling light-headed, or passing out while exercising.

What did you learn about yourself and your current nutritional habits?

I learned that I am eating a considerable less amount of calories than recommended for me. I learned the actual amount of calories that I do burn in a day, which was a little more than I thought I actually burned. The nutritional analysis illustrated to me that I am not receiving enough most nutrients. An example of my lack of nutrients is my little intake of fiber. The recommended daily value is 25g, however on average I only consume about 3g.

How do your nutrient amounts compare to the Reference Values for Nutritional Labeling (see sheet)?

The amounts of nutrients I consume compared to the Reference Values for Labeling are low. Nutrients such as Vitamin A, Calcium, and Fiber, I am consuming only around 10% of the recommended daily values. However, other nutrients such as, Vitamin C and Iron I am consuming close to 75% of the recommended daily values. Eating more fruits and vegetables would provide me with more nutrients that I am lacking. It would also help to take a multi-vitamin with Iron to ensure I get all the necessary nutrients my body needs.

What modifications would you make to your nutritional habits after completing this assignment?

After completing this assignment I should consume more calories. It is clear that even though I am cutting calories to lose weight I am eliminating too many calories from my diet. I need to consume healthier foods that will lead to me having a healthier lifestyle. I need to add more vegetables and fruits into my diet. I should also take a multi-vitamin daily to increase the amounts of nutrients that I am missing from my diet.

What specific goals will you set for yourself after learning about your nutritional habits based on your nutritional needs and physical activity level?

One of my goals to improve my nutritional needs will be taking a daily multi-vitamin with iron. Also, I need to eat more lean chicken because of its high protein level. Eating more fruits and vegetables will increase my vitamin and mineral levels. Another goal of mine is to eat more whole grains to increase the amount of fiber I intake. By achieving these goals my overall calorie intake will be higher and closer to a healthy level.