

How to Determine Your Healthy Weight Range

For women:

For the first 5 feet start with 100lbs. and each additional inch you add 5lbs. Then take that weight and subtract 10% and add 10%. This will give you're your healthy weight range.

Example: Jane is 5'6" tall. What is a Jane's healthy weight range?

100lbs for the first 5 ft + 30lbs for the additional 6 inches (6x5).

$100 + 30 = 130\text{lbs} \times .9$ (for low end of range) = 117lbs

$130\text{lbs} \times 1.1$ (for top end of range) = 143lbs

Jane's healthy weight range is 117 – 143lbs.

For men:

For the first 5 feet start with 105lbs and each additional inch you add 6lbs. Then you take that weight and subtract 10% and add 10%. This will give you your healthy weight range.

Example: John is 5'11" tall. What is John's healthy weight range?

105lbs for the first 5 feet + 66lbs for the additional 11 inches (6x11).

$105 + 66 = 171\text{lbs} \times .9$ (for the low end of range) = 154 lbs.

$171\text{lbs} \times 1.1$ (for the high end of range) = 188lbs.

John's healthy weight range is 154 – 188lbs.

*It is very important to understand that these are estimates *

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John's healthy weight range is 154 – 188lbs.

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Calculating Estimated Nutrient Needs

Harris Benedict Equation (HBE):

Females REE* (kcal): $655 + 9.56 (\text{weight in kilograms}) + 1.85 (\text{height in centimeters}) - 4.68 (\text{age})$

Males REE* (kcal): $66.5 + 13.75 (\text{weight in kilograms}) + 5.0 (\text{height in centimeters}) - 6.78 (\text{age})$

(weight in kilograms=weight in lbs/2.2)

(height in centimeters=height in inches x 2.54)

*Resting Energy Expenditure= amount of calories your body needs to merely exist

Activity Factors in HBE:

An activity factor must be applied to REE to determine the total amount of calories needed to sustain your current weight. This number is known as your BEE (Basal Energy Expenditure). Multiply the number from above by an activity factor. 1.1-1.5 depending on how active you are. Typically **1.3** is used in this population.

Example:

Molly is a 21-year old student. She is 5'5". Her weight is 130 lbs. Her activities include walking to class, usually using the stairs and taking 30 minute walks 3 times per week. What is Molly's BEE?

Weight in kg = $130\text{lbs}/2.2 = 59\text{kg}$

Height in cm = $65\text{inches} \times 2.54 = 165\text{cm}$

REE = $655 + (9.56 \times 59) + (1.85 \times 165) - (4.68 \times 21) = 1426$
calories

BEE = $1426 \times \text{activity factor} = 1426 \times 1.3 = 1854$ calories

For a healthy weight gain of 1 to 2 pounds per week, increase your BEE by 250 – 500 calories per day.