

Basal metabolic rate (BMR)

The basal metabolic rate (**BMR**) is an estimate of the *amount of energy* required by our bodies when lying still, relaxed and warm.

BMR for boys = $66 + (13.7 \times \text{weight in kg}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

BMR for girls = $655 + (9.6 \times \text{weight in kg}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Physical activity level (PAL)

The multiplier, Physical Activity Level, indicates how active we are.

How active are you?	Physical activity level
<i>Little or no exercise</i>	1.200
<i>Slightly active (light exercise/sport 1-3 days / week)</i>	1.375
<i>Moderately active (moderate exercise / sport 3-5 days per week)</i>	1.550
<i>Very active (hard exercise / sports 6-7 days per week)</i>	1.725
<i>Extra active (very hard exercise / sports)</i>	1.900

Fat The good and the bad

No more than **33%** of your daily total energy should be provided by fats

1 gram of fat provides 9 kcal of energy



Fat provides **essential fatty acids**.

It is needed for health but only in small amounts. There are **good fats** and bad fats. **Bad fats are saturated fats** and trans fats.

Calories

Recommended daily energy requirements (kcal)



Source: British Nutrition Foundation

Age	Boys	Girls
11 – 14	2,220	1,845
15 – 18	2,775	2,110
Adults	2,550	1,940