

The Pyramid of Food

1200 – 2100 kcal

Body Mass Index = weight (kg) / height (m)²

Desired **BMI** range for proper body weight: 20 – 24.9

Total Daily Expenditure = Basal Energy Expenditure * Activity Factor * Injury Factor

BEE (men) = 66 + 13.7 * (weight/kg) + 5 * (height/cm) – 6.8 * (age/years)

BEE (women) = 655 + 9.6 * (weight/kg) + 1.7 * (height/cm) – 4.7 * (age/years)

