The calorie calculator in Real Life indicates that I need more than 3,000 calories per day, but the information on the Food Exchange System in the book only accounts for up to 2,200 calories per day. How can I use the book if I want to lose weight?

Determining calorie needs is complicated. Your height, weight, goal weight, activity level, current medications and personal health all impact calorie needs. Just as there is no one-size-fits-all approach to weight loss, there is no surefire way to know exactly how many calories per day you need. That’s why TOPS recommends that you work with your healthcare provider to figure out a plan that’s best for you.

That said, the calorie calculator on page 5 of Real Life: The Hands-on Pounds-off Guide provides a rough estimate of daily goal calories. It uses your current weight and may overestimate calorie needs for people who are very overweight or obese.

In such cases, Registered Dietitians often use an adjusted body weight (ABW) to determine calorie levels. Generally, a person whose weight is equal to or greater than 130 percent of ideal body weight (IBW) needs an ABW to determine calorie needs.

So grab a calculator and use the calorie calculator on the next page. You can use this calorie calculator with Real Life to meet or maintain your weight goal. If you do not have a copy of Real Life, you can use your chapter’s copy.
**Calorie Calculator**

This is an updated version of the calorie calculator on page 5 of *Real Life: The Hands-on Pounds-off Guide*. You can use this calculator to determine your calorie needs whether you want to lose or maintain weight. This information is designed for educational purposes only. Please consult your licensed healthcare provider.

**STEP 1**
Find your ideal body weight (IBW) using the chart below and plug it into the formula in Step 2.

<table>
<thead>
<tr>
<th>Height</th>
<th>4’10”</th>
<th>4’11”</th>
<th>5’</th>
<th>5’1”</th>
<th>5’2”</th>
<th>5’3”</th>
<th>5’4”</th>
<th>5’5”</th>
<th>5’6”</th>
<th>5’7”</th>
<th>5’8”</th>
<th>5’9”</th>
<th>5’10”</th>
<th>6’</th>
<th>6’1”</th>
<th>6’2”</th>
<th>6’3”</th>
<th>6’4”</th>
<th>6’5”</th>
<th>6’6”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women</td>
<td>95</td>
<td>97.5</td>
<td>100</td>
<td>105</td>
<td>110</td>
<td>115</td>
<td>120</td>
<td>125</td>
<td>130</td>
<td>135</td>
<td>140</td>
<td>145</td>
<td>150</td>
<td>155</td>
<td>160</td>
<td>165</td>
<td>170</td>
<td>175</td>
<td>180</td>
<td>185</td>
</tr>
<tr>
<td>Men</td>
<td>100</td>
<td>103</td>
<td>106</td>
<td>112</td>
<td>118</td>
<td>124</td>
<td>130</td>
<td>136</td>
<td>142</td>
<td>148</td>
<td>154</td>
<td>160</td>
<td>166</td>
<td>172</td>
<td>178</td>
<td>184</td>
<td>190</td>
<td>196</td>
<td>202</td>
<td>208</td>
</tr>
</tbody>
</table>

**STEP 2**
\[
\text{Your weight} \div \text{IBW from Step 1} = \text{Your result}
\]

**STEP 3**
\[
\text{Result from Step 2} \times 100 = \text{Your result}
\]

**STEP 4**
Is your result for Step 3 130 or more?
- Yes—continue to Step 5 to determine your adjusted body weight.
- No—skip to Step 6 and use your actual weight.

**STEP 5**
Determine your adjusted body weight (ABW).

A) \[
\text{Your weight} - \frac{\text{IBW from Step 1}}{} = \text{Your result}
\]

B) \[
\text{Result from A} \times 0.25 = \text{Your result}
\]

C) Round result from B to nearest whole number = \[
\text{Your result}
\]

D) \[
\text{Result from C} + \frac{\text{IBW from Step 1}}{} = \text{Your result}
\]

E) Round result from D to nearest whole number = \[
\text{Your ABW}
\]

This is your adjusted body weight. Use this number instead of your actual weight for the remaining steps.

**STEP 6**
Convert Pounds to Kilograms:
Divide your weight in pounds by 2.2.
\[
\text{Your weight or ABW} \div 2.2 = \text{Your result}
\]

**STEP 7**
If you want to lose weight:
Multiply your weight in kilograms by 20 & 25 calories.
\[
\text{Your weight} \times 20 = \text{Your result}
\]
\[
\text{Your weight} \times 25 = \text{Your result}
\]

If you want to maintain weight:
Multiply your weight in kilograms by 25 & 30 calories.
\[
\text{Your weight} \times 25 = \text{Your result}
\]
\[
\text{Your weight} \times 30 = \text{Your result}
\]

Multiply your weight in kilograms by the smaller of the two calorie numbers and then, by the larger one. This gives you a range. If you can only eat "x" number of calories per day, why does this calculation give you a range? The range is acknowledging that we can’t and we don’t eat the same number of calories every day.

**STEP 8**
Factor in exercise:
Fill in the following information table based on the calorie needs determined above.

On the days when I do exercise (for at least 30 minutes per day),
I should eat \[\text{Your result}\] calories.

On the days when I do not exercise
I should eat \[\text{Your result}\] calories.

A helpful application of this range approach is to try to eat at the lower end of the range on the days when you do not exercise. Allow yourself to eat at the upper end of the calorie range on the days when you do exercise.