

Weight Management Notes

Protein Requirement:

1 g protein for each 2.2 lbs body weight

Protein Calculation:

Divide body weight by 15 to get # of oz of protein to be consumed daily for wellness.

You may substitute 1 egg or cup of milk for an oz of protein.

Protein Calories:

1 oz protein = 80 calories

Calories:

You need approximately 180 calories per lb. body weight for weight management.

Reduce intake by 500 calories daily to lose 1 lb. weekly.