

# Estimated Nutritional Needs vs Actual

This worksheet provides a simple and direct method for comparing your current nutrient intake (calories, protein, carbohydrates, and fat) with an estimated calculation of how much you may benefit from.

Using formulas from the article [How much should I eat? A guide to estimating calories and macros](#) or this [Google sheet: RMR and macros calculator](#), or the formulas provided below, enter the calculated estimates of calories, protein, carbohydrates, and fat in the form below.

Record your food intake for three days. Enter the amount of calories, protein, carbohydrates, and fat. Calculate the averages and differences.

Compare the difference between your estimated and actual. Depending on your situation and goals, determine whether any effort to alter your eating behavior is needed to bring the amounts closer in alignment.

## Resting Metabolic Rate (RMR) Revised Harris-Benedict

Female:  $43 + (3.35 \times \text{weight pounds}) + (15.42 \times \text{height inches}) - (2.31 \times \text{age years})$

Male:  $260 + (4.38 \times \text{weight pounds}) + (14.55 \times \text{height inches}) - (5.08 \times \text{age years})$

## Daily calories

RMR x 1.2–1.6

## Daily Protein (g/day)

Body weight x 0.6–1.0 g

## Daily Carbohydrate (g/day)

Low to moderate activity: Body weight x 1.4–3.2 g

Moderate to high activity: Body weight x 3.3–5.5 g

Estimated	Calories	Protein (g)	Carbs (g)	Fat (g)
Low				
High				
Actual	Calories	Protein (g)	Carbs (g)	Fat (g)
Day 1				
Day 2				
Day 3				
Average				
Difference				