**Nutrition**

Before you begin this section, calculate your BMI (Body Mass Index) by using this online BMI calculator

<http://nutritiondata.self.com/tools/calories-burned>

1. What is your BMI? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many calories must you intake to maintain your BMI? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Fill out the following chart to try to figure out approximately how many calories you ate yesterday. Use google to help you look up calories.

|  |  |  |  |
| --- | --- | --- | --- |
| Meal | Food Items | Approximate Calories | Calorie type in grams |
| Breakfast |  |  | C-  P- F- |
| Lunch |  |  | C-  P-  F- |
| Dinner |  |  | C-  P-  F- |
| Snacks/Beverages |  |  | C-  P-  F- |

Total Calorie intake yesterday \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Was your calorie intake more or less than what your BMI requires?
2. Look at your recommended macronutrient percentages for carbs, fats, and proteins. List them here

Carbs \_\_\_\_\_\_\_\_\_\_\_\_ Protein\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fat\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Compare your numbers from the previous question to your chart totals. Do you eat too much or too little of any of them? Which ones?
2. If your BMI is higher than the average, what could you do to your diet to live a healthier lifestyle?
3. What could you do to decrease your BMI without changing your calorie consumption?