



TEE (Total Energy Expenditure) Calculation

Let's Calculate your TEE! There are a couple of options available to help us, some more accurate than others. If you're not a math major or don't feel like getting out the calculator, you can start with a rough method to calculate your daily caloric needs. This initial number doesn't need to be exact, since it's only a starting point that you'll be adjusting as you monitor your weight throughout transition.

Option 1: The easy way to calculate TEE

To find out your TEE using the easy method, use the following formula:

Your current weight (in pounds) ×

11 calories = TEE (daily caloric need)

This formula is based on a sedentary individual, so you'll need to adjust it as you step up your exercise (see below):

Multiply your TEE by:

- 1.2 (for light exercise)
- 1.5 (for moderate exercise)
- 1.7 (for heavy exercise)

For example: 162 lbs × 11 kcal/lb = 1,782

kcal × 1.2 = 2,138 kcal/day (TEE)

Remember to recalculate this number as you track your weight over the next several weeks.

Option 2: Formal TEE Calculation

Go to HabitsofHealth.com and you can calculate the individual contribution of each component.

Now that you know how to calculate your TEE, let's find out the best way to add foods and increase your daily caloric consumption to match it.