

NUTRIENT and CALORIC NEED RANGES:

$$\text{REE MEN} = 66.5 + (13.75 * \text{wt in kg}) + (5.003 * \text{ht in cm}) - (6.775 * \text{age})$$

$$\text{REE Women} = 655.1 + (9.563 * \text{wt in kg}) + (1.850 * \text{ht in cms}) - (4.676 * \text{age})$$

sed - 1.2

low act -1.4

Mod act - 1.6

very act- 1.8

above Multiply it by REE

Fat 9 cal

Carbs 4cal

Protein 4cal