

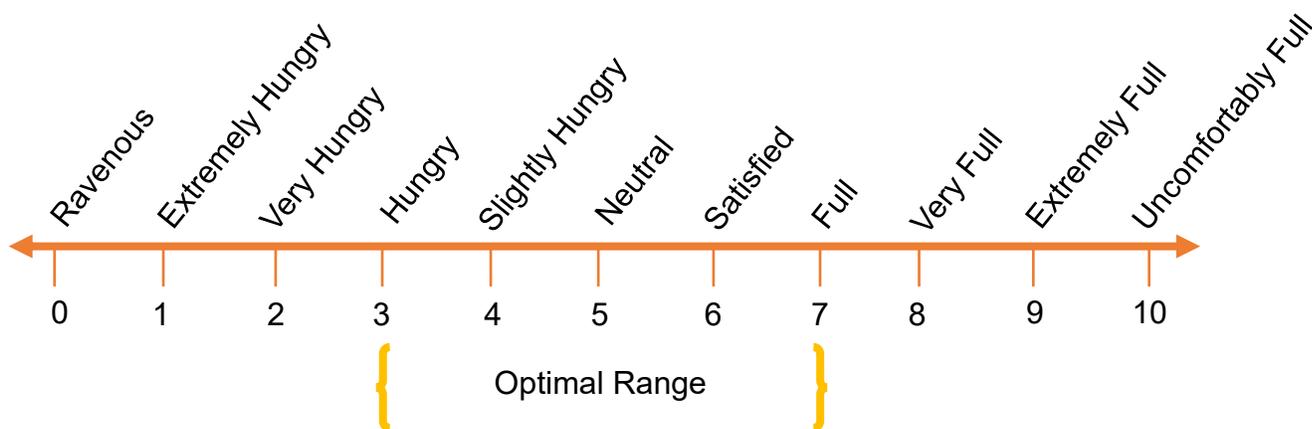
## My Maintenance Nutrition Needs

### How Many Calories Do I Need?

Calorie needs vary among individuals depending on age, gender, height, weight, and level of physical activity. 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower. To achieve or maintain a healthy weight, balance the number of calories you eat and drink with the number of calories your body uses. For weight loss, you will need to create an energy deficit by either reducing the calories you consume, increasing your physical activity level, or both. For more information on estimating your calorie needs, please visit [Academy of Nutrition and Dietetics: How Many Calories Do Adults Need?](#)

While there are many different methods and equations used to calculate calorie needs, these guidelines are only an estimation. The best way to ensure that you have consumed an adequate amount of calories for your body is to honor your hunger and fullness cues. This mindful eating practice can be developed by using the hunger and fullness scale below. The Hunger and Fullness Scale is a mindful eating tool that can help you connect with your internal nutrition needs and help you differentiate between physical and psychological hunger.

### Hunger and Fullness Scale



## How Many Carbohydrates Do I Need?

As you have learned throughout the Maintenance program, carbohydrates (carbs) are the body's main source of energy that should make up 45% to 65% of total daily energy intake. To estimate how many carbohydrates you need based on your daily calories, use the calculation below:

### Example:

1. Energy density of carbohydrates: 4 Calories/gram
2. My daily calorie needs: 2,000 Calories
3. My recommended daily carbohydrate intake: 45% to 65% of total daily energy intake
4. Convert percentages into decimals:  $45 \div 100 = 0.45$  and  $65 \div 100 = 0.65$
5. Calculate my daily recommended calories from carbohydrates:  
 $2,000 \text{ Calories (daily calorie needs)} \times 0.45 \text{ to } 0.65 = 900 \text{ to } 1,300 \text{ Calories from carbs}$
6. Calculate my daily recommended grams of carbohydrates needs:

$$900 \text{ to } 1,300 \text{ Calories from carbs} \times \frac{1 \text{ gram}}{4 \text{ Calories}} = 225 \text{ to } 325 \text{ grams}$$

### My Daily Carbohydrate Needs:



1. Energy density of carbohydrates: 4 Calories/gram.
2. My daily calorie needs: \_\_\_\_\_ Calories
3. My recommended daily carbohydrate intake: 45% to 65% of total daily energy intake
4. Convert percentages into decimals:  $45 \div 100 = 0.45$  and  $65 \div 100 = 0.65$
5. Calculate my daily recommended calories from carbohydrates:  
\_\_\_\_\_ Calories (*daily calorie needs*)  $\times 0.45$  to  $0.65 =$  \_\_\_\_\_ to \_\_\_\_\_ Calories from carbs
6. Calculate my daily recommended grams (g) of carbohydrate needs:

$$\text{_____ to _____ Calories from carbs} \times \frac{1 \text{ gram}}{4 \text{ Calories}} = \text{_____ to _____ g of carbs}$$

## How Much Protein Do I Need?

As you have learned throughout the Maintenance Program, protein are the body's building blocks and should make up 10% to 35% of total daily energy intake. To estimate how much protein you need based on your daily calories, use the calculation below:

### Example:

1. Energy density of protein: 4 Calories/gram
2. My daily calorie needs: 2,000 Calories
3. My daily protein intake: 10% to 35% of total daily energy intake
4. Convert percentages into decimals:  $10 \div 100 = 0.10$  and  $35 \div 100 = 0.35$
5. Calculate my daily calories from protein:

2,000 Calories (*daily calorie needs*) x 0.10 to 0.35 = 200 to 700 Calories from protein

6. Calculate my daily grams of protein needs:

$$200 \text{ to } 700 \text{ Calories from protein} \times \frac{1 \text{ gram}}{4 \text{ calories}} = 50 \text{ to } 175 \text{ grams of protein}$$



### My Daily Protein Needs:

1. Energy density of protein: 4 Calories/gram
2. My daily calorie needs: \_\_\_\_\_ Calories
3. My daily protein intake: 10% to 35% of total daily energy intake
4. Convert percentages into decimals:  $10 \div 100 = 0.10$  and  $35 \div 100 = 0.35$
5. Calculate my daily recommended calories from protein:

\_\_\_\_\_ Calories (*daily calorie needs*) x 0.10 to 0.35 = \_\_\_\_\_ to \_\_\_\_\_ Calories from protein

6. Calculate my daily recommended grams (g) of protein needs:

$$\text{_____ to _____ Calories from protein} \times \frac{1 \text{ gram}}{4 \text{ Calories}} = \text{_____ to _____ g of protein}$$

## How Much Dietary Fat Do I Need?

As you have learned throughout the Maintenance Program, dietary fat is a macronutrient that should make up 20 to 35% of total daily energy intake. To estimate how much dietary fat you need based on your daily calories, use the calculation below:

### Example:

1. Energy density of fat: 9 Calories/gram
2. My daily calorie needs: 2,000 Calories
3. My daily fat intake: 20% to 35% of total daily energy
4. Convert percentages into decimals:  $20 \div 100 = 0.2$  and  $35 \div 100 = 0.35$
5. My daily recommended calories from fat:  
 $2,000 \text{ Calories (daily calorie needs)} \times 0.2 \text{ to } 0.35 = 400 \text{ to } 700 \text{ Calories from fat}$
6. My daily recommended grams of fat needs:

$$400 \text{ to } 700 \text{ Calories from fat} \times \frac{1 \text{ gram}}{9 \text{ Calories}} = 44 \text{ to } 78 \text{ grams of fat}$$



### My Daily Dietary Fat Needs:

1. Energy density of fat: 9 Calories/gram
2. My daily calorie needs: \_\_\_\_\_ Calories
3. My daily fat intake: 20% to 35% of total daily energy
4. Convert percentages into decimals:  $20 \div 100 = 0.20$  and  $35 \div 100 = 0.35$
5. My daily recommended calories from fat:  
\_\_\_\_\_ Calories (*daily calorie needs*)  $\times 0.20$  to  $0.35 =$  \_\_\_\_\_ to \_\_\_\_\_ Calories from fat
6. My daily recommended grams (g) of fat needs:

$$\text{_____ to _____ Calories from fat} \times \frac{1 \text{ gram}}{9 \text{ Calories}} = \text{_____ to _____ g of fat}$$

## What Is My Recommended Saturated Fat Intake?

The American Heart Association recommends limiting saturated (sat) fat intake to just 5 to 6% of total daily intake. To estimate your saturated fat limit based on your daily calories, use the calculation below:

### Example:

1. Since saturated fat is a type of fat, the energy density of saturated fat is the same as fat, which is 9 Calories/gram.
2. My daily calorie needs: 2,000 Calories
3. My daily saturated fat limit: 5% to 6% of total daily energy
4. Convert percentages into decimals:  $5 \div 100 = 0.05$  and  $6 \div 100 = 0.06$
5. My daily recommended calories from saturated (sat) fat:  
 $2,000 \text{ Calories (daily calorie needs)} \times 0.05 \text{ to } 0.06 = 100 \text{ to } 120 \text{ Calories from sat fat}$
6. My daily recommended grams of saturated fat intake:

$$100 \text{ to } 120 \text{ Calories from fat} \times \frac{1 \text{ gram}}{9 \text{ Calories}} = 11 \text{ to } 13 \text{ grams of saturated fat}$$



### My Daily Saturated Fat Limits:

1. Since saturated fat is a type of fat, the energy density of saturated fat is the same as fat, which is 9 Calories/gram.
2. My daily calorie needs: \_\_\_\_\_ Calories
3. My daily saturated fat limit: 5% to 6% of total daily energy
4. Convert percentages into decimals:  $5 \div 100 = 0.05$  and  $6 \div 100 = 0.06$
5. My daily recommended calories from saturated (sat) fat:  
\_\_\_\_\_ Calories (daily calorie needs)  $\times 0.05$  to  $0.06 =$  \_\_\_\_\_ to \_\_\_\_\_ Calories from sat fat
6. My daily recommended grams (g) of saturated fat intake:

$$\text{_____ to _____ Calories from fat} \times \frac{1 \text{ gram}}{9 \text{ Calories}} = \text{_____ to _____ g of sat fat}$$

## Snacks: Food Pairing for Balance, Nutrition, and Satiety

If you do choose to have a snack, then including a lean protein and/or a healthy fat with a complex carbohydrate can help to balance nutrition, blood sugar, and mood, and to help you feel full longer. Pairing a complex carbohydrate with a lean protein after exercise is especially beneficial because this nutrient combination replenishes energy-providing carbohydrates and facilitates muscle repair.

Below are some examples for food pairing:

- Pair nonfat and protein-rich nonfat plain Greek yogurt with complex carbohydrate, fiber, and phytonutrient rich berries.
- Pair a healthy fat and protein like all-natural peanut butter with a complex carbohydrate, fiber, and phytonutrient rich apple.
- Pair healthy fat, plant-based protein and complex carbohydrates like hummus with carrots for texture, fiber, micronutrient, and phytonutrients.



Berries

+



Nonfat Plain  
Greek Yogurt



Apple

+



Peanut  
Butter



Hummus

+



Carrots

**Your Turn!** Brainstorm some healthy, balanced snack ideas ahead of time to help avoid eating imbalanced when hunger strikes. Having items paired ahead of time can help you make healthy, balanced food choices that nourish the body, balance mood, and signal satiety.

	Vegetable, Fruit, or Starch		Lean Protein and/or Healthy Fat
1)		1)	
2)		2)	
3)		3)	
4)		4)	
5)		5)	

## Core Score Method

Consuming foods that promote satiety and provide nutrition as well as a steady and prolonged stream of energy can help maintain a healthy weight. Protein, healthy fat and fiber found in complex carbohydrates are three nutrients in food that accomplish this. Simple carbohydrates and added sugars are absorbed and used too rapidly and do not provide the same steady and prolonged energy as complex carbohydrates. Pairing complex carbohydrates with lean protein and/or healthy fat at meals and snacks can be helpful, but sometimes, a prepared meal or snack is not always available. Choosing from packaged convenience foods such as protein bars or snacks may be the only option. In this circumstance, the CORE Score can be a useful tool to figure out if a food will be a healthy combination of nutrients to maintain nutrition and satiety.

$$\text{CORE score} = \frac{\text{Total Carbohydrate (g)} + \text{Total Sugars (g)} - \text{Fiber (g)}}{\text{Total Fat (g)} + \text{Protein (g)}} = \underline{\hspace{2cm}}$$

A CORE Score of < 2 provides an optimal balance of nutrients to maintain nutrition and satiety.

Nutrition Facts		Amount/Serving	% Daily Value	Amount/Serving	% Daily Value
<b>Serving size</b> <b>1 bar (40g)</b>	<b>Calories</b> <b>per serving</b> <b>170</b>	<b>Total Fat</b> 15g	<b>19%</b>	<b>Total Carb.</b> 16g	<b>6%</b>
		Sat. Fat 3.5g	<b>18%</b>	Fiber 7g	<b>25%</b>
		<i>Trans</i> Fat 0g		Total Sugars 5g	
		Polyunsaturated Fat 3g		Incl. 4g of Added Sugars	<b>8%</b>
		Monounsaturated Fat 8g		Sugar Alcohol 0g	
		<b>Cholesterol</b> 0mg	<b>0%</b>	<b>Protein</b> 5g	
		<b>Sodium</b> 15mg	<b>1%</b>		
		Vitamin D 0%			
		Calcium 6%			
		Iron 10%			
Potassium 4%					

Example:  $\frac{16\text{g Carbohydrates} + 5\text{g Total Sugars} - 7\text{g Fiber}}{15\text{g Total Fat} + 5\text{g Protein}} = 0.7 = < 2 = \text{Balanced Choice!}$

**Conclusion:** 0.7 is **less than 2**, which means this bar is a **balanced choice** to promote satiety and provide nutrition as well as a steady stream of energy. According to the Nutrition Facts label, this bar has higher amounts of optimal health and balance promoting nutrients such as unsaturated fats (polyunsaturated and monounsaturated fats), fiber, and protein compared to less than optimal nutrients such as saturated fat and added sugars.

Does my food meet the CORE Score? Food: \_\_\_\_\_

Total Carbohydrates: \_\_\_\_\_g Sugars: \_\_\_\_\_g Fiber: \_\_\_\_\_g Fat: \_\_\_\_\_g Protein: \_\_\_\_\_g

CORE score =  $\frac{\text{_____g Total Carbohydrate} + \text{_____g Total Sugars} - \text{_____g Fiber}}{\text{_____g Total Fat} + \text{_____g Protein}} = \underline{\hspace{2cm}}$

