

COUNT YOUR FAT GRAMS WORKSHEET

STEP 1: Determine your ideal weight

	<u>Men</u>	<u>Women</u>
For the first 5 feet of height	106 lbs.	100 lbs.
For each <i>inch</i> over 5 feet <i>add</i>	6 lbs	5 lbs.

My calculated weight for my height is _____.

This weight is used to calculate your fat needs and is not necessarily the weight you should be. Depending on the size of your body frame, your "ideal weight" could be higher. Consult with your health care professional to determine ideal weight by referencing a Body Mass Index (BMI) chart.

STEP 2: Determine calories needed daily to sustain ideal weight

<i>Level of activity</i>	<i>Calories needed per pound per day</i>
No regular exercise	11
Brisk walk for 20 minutes 2-3 times/week)	13
Brisk walk for 20 minutes 4-5 times/week)	15
Vigorous daily work-out (athlete) -- consult with your health care professional for your calorie needs.	

Multiply your ideal weight x your level of activity = _____ calories needed per day.

(For children, ask your pediatrician or the child's health provider about specific calorie and fat needs.)

STEP 3: Determine your maximum daily allowance of fat grams

The American Heart Association recommends limiting dietary fat to 30% of total calories, however, if you are overweight, need to lower blood cholesterol or have another medical concern, you may need less than the recommended 30%. Ask your health care professional what percentage of fat in your diet is right for you. Then, refer to the chart below to determine your maximum fat grams per day. This chart lists dietary guidelines for total fat intake at various calorie levels.

**Grams of Total Fat
Percentage of Total Calories**

<u>Total Calories per day</u>	<u>20%</u>	<u>25%</u>	<u>30%</u>
1,200	27	33	40
1,500	33	42	50
1,800	39	50	60
2,000	44	56	67
2,500	55	69	83
3,000	66	75	100

My daily allowance of fat grams is: _____

HEALTHY HEARTS PROGRAM

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www.womensheart.org