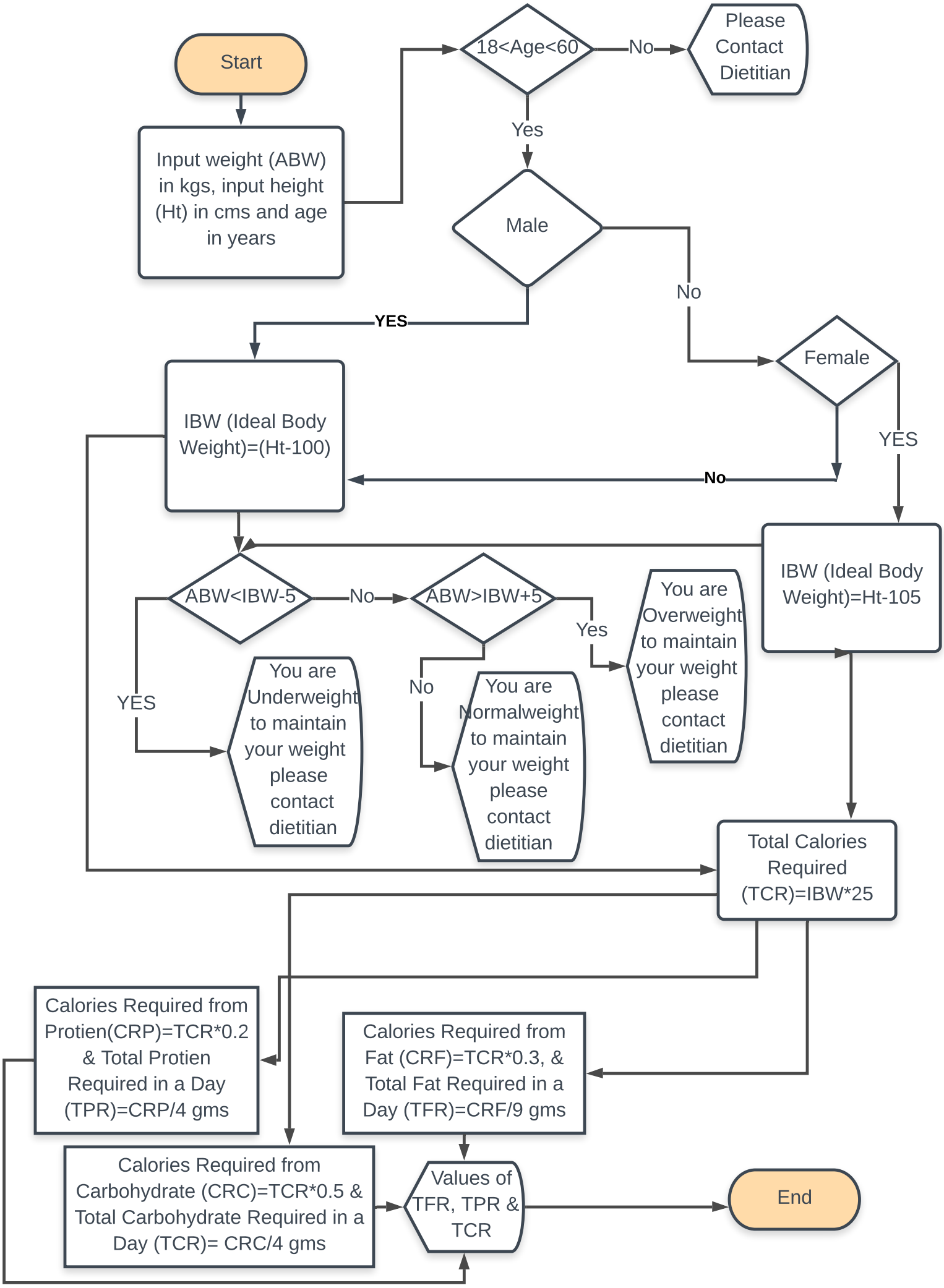
Start
Input weight (ABW) in kgs, input height (Ht) in cms and age in years
18<Age<60
No
Please Contact Dietitian
Yes
Male
YES
No
Female
YES
No
IBW (Ideal Body Weight)=(Ht-100)
IBW (Ideal Body Weight)=Ht-105
ABW<IBW-5
No
ABW>IBW+5
Yes
You are Overweight to maintain your weight please contact dietitian
YES
You are Underweight to maintain your weight please contact dietitian
No
You are Normalweight to maintain your weight please contact dietitian
Total Calories Required (TCR)=IBW*25
Calories Required from Protien(CRP)=TCR*0.2 & Total Protien Required in a Day (TPR)=CRP/4 gms
Calories Required from Fat (CRF)=TCR*0.3, & Total Fat Required in a Day (TFR)=CRF/9 gms
Calories Required from Carbohydrate (CRC)=TCR*0.5 & Total Carbohydrate Required in a Day (TCR)= CRC/4 gms
Values of TFR, TPR & TCR
End