

Respond to the first part using complete sentences and paragraphs. Show all calculations and results. Responses to the second part can be provided as a list.

Note: Use complete sentences, correct spelling and grammar, and well-written and organized paragraphs. You are required to cite full APA evidence-based resources in your essay. Grades will reflect how well you have followed these guidelines

You must provide full APA citations for both Parts 1 and 2.

Part 1

- Start by calculating your BMI. *Show your math.* What is the classification? (Do not include commentary to debate the accuracy of the classification of this value.) Explain the acronym *BMI*. What does it stand for? What does it measure? What values are associated with it? Name one advantage to using BMI. Can you see any disadvantages to using BMI? If so, what are they? Name two other methods for assessing body fat or weight status. Provide at least one advantage and one disadvantage of each method.

Next, calculate your EER (energy needs). Use the process shown in the "Estimating Energy Needs" tab under Content>Week 6 Learning Resources. Note that there are more appropriate equations to use for this purpose, but this is the example provided, so we will start with it. *Show your math and results.*

If your BMI falls into the classification of overweight or obese, the Mifflin St. Jeor equation is the best choice (assuming no other clinical conditions that alter needs are present). The St. Jeor has been determined to be the most accurate estimator of energy needs in the presence of overweight or obesity. **Regardless of your BMI**, calculate your needs using the Mifflin St. Jeor equation (shown below) for practice. Note that there is one equation for men and one for women.

Compare the results from the St. Jeor and EER equations (BMR = **Basal Metabolic Rate**).

BMR (men) = $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} + 5$

BMR (women) = $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (years)} - 161$

How many calories must be reduced in your diet to have a one-pound weight loss per week? Other than diet restrictions, what else can be done to promote weight loss?

Part 2

Here is a sample one-day menu for Mr. Iwanna Loseweight. His doctor just told him that his BMI is 30.0 and he is at risk for developing some chronic diseases. The doctor has asked Mr. Iwanna Loseweight to meet with a registered dietitian to learn more about healthy eating and how to reduce his caloric intake. Mr. Iwanna Loseweight will meet with the dietitian in a few weeks, so in the meantime, provide him with your best recommendations that promote weight loss. Tell him which food you would have him omit or reduce portion sizes and then what you would recommend to replace it with. Strike out the items that you are deleting or replacing. You should make only changes that will create the most significant decreases in calorie intake. This assignment is looking for significant calorie reductions, not just calorie decreases of 20 Calories or less. Don't bother making changes just for nutrition reasons unless the change also significantly reduces the Calories.

Suggestion: Look up the calorie content of all items to decide which ones to delete or replace.

Breakfast

8 oz. whole milk
8 oz. orange juice
2 fried eggs
2 slices toast with 1 TBSP butter

Snack

½ peanut butter and jelly sandwich: 1 slice white bread, 1 TBSP Skippy peanut butter, 1 TBSP grape jelly

Lunch

8 oz. cream of tomato soup
1 oz. potato chips
1 sandwich: 2 oz. turkey, 1 oz. salami, 2 slices white bread, 1 TBSP mayonnaise
8 oz. grape juice

Snack

6 oz. fruited yogurt (sweetened, whole milk)

Dinner

5 oz. dark-meat chicken, fried
1 medium baked potato with 1 TBSP butter, 1 TBSP sour cream, and 1 TBSP bacon, chopped
½ cup cooked broccoli with 1 TBSP butter
8 oz. cola
4 oz. whole milk

Snack

½ cup chocolate ice cream

Don't forget your references.