Conclusion

I learned that I eat an average of 2,912 calories a day. I did this by counting the amount of calories I consumed over three days. Therefore this is not a very accurate estimate. I calculated my TDEE (total daily energy expenditure), by using the Harris-Benedict calculation.

Harris-Benedict Calculation:

655 + (6.2 * weight in pounds) + (12.7 * height in inches) - (6.8 * age in years) * Activity Level

My Calculation:

655 + (6.2 * 85) + (12.7 * 63) - (6.8 * 13) * 1.65 (Moderate exercise - Heavy exercise)

655 + 527 + 800 - 88 * 1.65

= 3,125 Calories

I burn 3,125 Calories a day > I eat 2,912 Calories a day

This means that I burn more calories a day than I eat, this of course is not a consistent estimate because I only recorded how many calories I ate over three days and averaged it. A more accurate estimate would be if recorded how many calories I ate over a month, and averaged it.

I learned that I eat less calories than I burn daily, approximately 200 less. I learned that magazine ads mainly target woman, and that in the more popular magazines there are more ads. For instance an Opera magazine had a total of 83 ads, as opposed to a health magazine which had only a few. I learned that vegetable oil is considered a healthy food. I learned that emotional feelings can affect you physically. For instance if you were stressed out you could either lose your appetite or constantly eat. This is because your brain releases chemicals that either tell your body you need to or need to stop eating.

I learned that most people have a set weight, and there body is comfortable at that weight. So when they try to lose or gain weight there body is going to reset itself to that weight.

-Joe .Pu