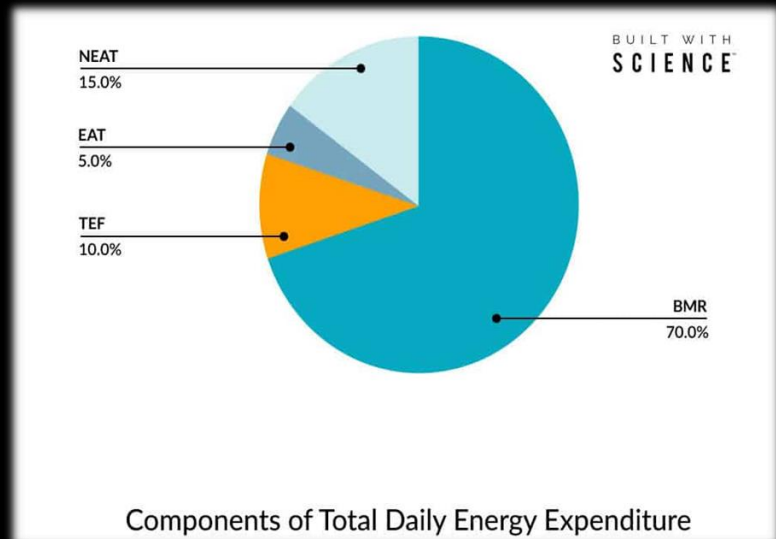


Total Daily Energy Expenditure (TDEE)

Total daily energy expenditure, or TDEE, is the number of calories required to fuel our daily lives. **In other words, TDEE is roughly the number of calories you need to eat to maintain your current bodyweight.** There are four components of TDEE: Basal metabolic rate (BMR), thermic effect of feeding (TEF), exercise activity thermogenesis (EAT), and non-exercise activity thermogenesis (NEAT)^{1,2}. The chart pictured here shows the percentage of calories we allocate to each component of TDEE. That percentage is a percentage of the calories you consume each day. About

70% of our calories each day are used to fuel our BMR. For example, if you consume 1,000 calories in a day, your body will use 700 of those calories for your BMR. TEF is the energy required to digest food we consume, which uses about 10% of daily calories¹. EAT is the energy required to fuel our exercise and activities at work where we consciously exert ourselves and requires about 5% of daily calories. This includes work done out on the job and generally any work that increases heart rate. NEAT is the energy required to fuel non-voluntary movements (fidgeting, breathing, etc.). NEAT requires about 15% of daily calories^{1,2}.

TDEE is significantly impacted by daily activity, both related to our exercise and our jobs. This number depends on a wide range of factors like age, height, weight, and individual activity level. The following equations show you how to APPROXIMATE your BMR and find your ESTIMATED TDEE:



Calculating Your BMR to Find TDEE

- **MEN:** $BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$
- **WOMEN:** $BMR = (10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$

Conversions: Body weight in kg = body weight in lbs/2.2; Height in cm = height in inches x 2.54

Once you find your BMR, use these formulas below to find your approximate TDEE:

- Sedentary (little to no exercise) = **BMR x 1.2**
- Light Activity (light intensity exercise 1-3x/week) = **BMR x 1.4**
- Moderate Activity (moderate intensity exercise 3-5x/week) = **BMR x 1.6**
- Heavy Activity (heavy intensity exercise 3-5x/week with intense job) = **BMR x 1.75**
- Very Heavy Activity (heavy intensity exercise 4-6x/week with intense job) = **BMR x 1.9**

References

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2. Chung, N., Park, M.-Y., Kim, J., Park, H.-Y., Hwang, H., Lee, C.-H., Han, J.-S., So, J., Park, J., & Lim, K. (2018). Non-exercise activity thermogenesis (NEAT): a component of total daily energy expenditure. *Journal of Exercise Nutrition & Biochemistry*, 22(2), 23–30.
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