



The 13CalorieDiet

THE DAILY CALORIE ALLOWANCE TABLE IS A GUIDE BASED ON THE PREMISE THAT THE AVERAGE, OVERWEIGHT PERSON, WITH A LOW ACTIVITY LEVEL, (AND PEOPLE OVER THE AGE OF 55 YEARS) NEED APPROXIMATELY 13 CALORIES PER POUND TO MAINTAIN THEIR BODYWEIGHT.

INACTIVE PEOPLE (COUCH POTATOES, AND THOSE WHO ARE VERY OVERWEIGHT) MAY ONLY REQUIRE ABOUT 10 CALORIES PER POUND, AND VERY ACTIVE PEOPLE MAY REQUIRE 15 OR MORE CALORIES.

THE NUTRITIONAL NEEDS OF YOUNG CHILDREN, PREGNANT FEMALES, BREASTFEEDING FEMALES, AND PEOPLE WITH CHRONIC DISEASES OR WHO ARE ON MEDICATION MAY REQUIRE SPECIAL ATTENTION AND MORE OR FEWER CALORIES.

PLEASE CONSULT YOUR PHYSICIAN BEFORE COMMENCING ANY DIET OR WEIGHT CONTROL PROGRAM.

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