

Namirnica	Količina	Kalorije
Pivo	1/2 l	200 cal
Vino	0,15 l	100 cal
Žestica	1 čašica	100 cal
Hamburger	McDonald's	280 cal
Cheeseburger	McDonald's	320 cal
Pommes mali	McDonald's	210 cal
Pommes srednji	McDonald's	540 cal
Sir	30 g	100 cal
Jaje kuhano	1 kom.	75 cal
Jaje pečeno	1 kom.	105 cal
Coca cola/Sprite	0,2 l	80 cal
Tjestenine	Porcija ~20 g	350 cal
Kruh bijeli	1 kriška	70 cal
Kokice	1 porcija	55 cal
Capuccino	1 šalica, 2 dl	60 cal
Jabuka	Srednja	60 cal
Banana	Srednja	80 cal
Mandarina	Srednja	30 cal

Body Mass Index

Body Mass Index (BMI) is the standard medical method of assessing healthy weight, overweight and obesity. It uses height and weight data. BMI is calculated by dividing your weight in kilograms by the square of your height in meters. The BMI formula is:
 BMI = Your Weight (kilos) divided by Your Height (Meters) x Your Height (Meters)

Interpreting Your BMI

If your BMI is 19 to 24.9 you have a **healthy weight**.

If your BMI is 25 to 29.9 you are considered to be **overweight** and may incur moderate health risks.

If your BMI is 30+ you are considered to be **obese**.

Indeks *punoće* tijela **BMI** = **27,2** kg/m² (gojazna osoba).

Površina tijela **BSA** = **2,21** m².

Vaša **idealna težina** je **80** kg (na visinu 188 cm).

Indeks *punoće* tijela (body mass index - BMI) ukazuje na to koji dio vaše tjelesne težine čine masnoće. Za dobru liniju održavajte vaš BMI između **18,5** i **25**.

Vaše **dnevne energetske potrebe** su **2.640,1** kalorija.

Trčanje (7 min/km) u trajanju pola sata: utrošak kalorija: 384,8

Usisavanje/metlanje pola sata: utrošak kalorija: 176,7