1. A patient drinks six 8-oz cups of coffee per day. His doctor wants him to cut back by 20%. How many ounces of coffee can he drink per day? Per week?
2. A patient takes a half tablet of medication three times per day. How many days will a 100-tablet package last?
3. Marge presently eats 1800kcals per day. To lose weight, her dietitian recommended cutting back by 20%. How many kcals can Marge eat per day? Per week?
4. One pound of fat is 3500 kcals. Adam wants to lose two pounds per week. By how many calories per day does he need to reduce?
5. The recommended body weight for a man is determined by the formula: 106 lbs +(6 lbs\*(every inch above five feet)). What is the ideal weight for a man who is 175cm tall?
6. The recommended body weight for women is determined by the formula 100 lbs + (5 lbs for every inch above five feet)). What is the ideal weight for a woman who is 160 cm tall?
7. One way to estimate how much water to drink every day is to divide a person’s weight in pounds by two and drink that many ounces of water. Bill weighs 110 kg. Approximately how many cups of water should Bill drink every day?
8. Maximum heart rate is calculated by the formula (beats per minute = 220 – age). Mark is a 40-year-old male who is advised by his physician to exercise at 70% of his maximum heart rate. How many beats per minute should he strive for during exercise?
9. Fat contains 9kcals/g. Protein contains 4kcals/g. Carbohydrates contain 4 kcals/g. A meal contains 24g of fat, 30g of protein and 50g of carbohydrates. How many calories is this meal?’
10. What percent of the calories in the meal above come from fat (rounded to the nearest whole percent)?

Answers:

1. 38 oz/day, 269 oz/week
2. 66 days
3. 1440kcals/day, 10080 kcals/week
4. 1000kcals/day
5. 166 lbs.
6. 120 lbs
7. 15 cups
8. 126 bpm
9. 536 kcals
10. 40%