

Do You Know How Many Calories You Need?



Estimated Daily Calorie Needs*

MALES	ACTIVITY LEVEL		
	Age	Sedentary ¹	Moderate ²
2	1,000	1,000	1,000
3	1,000	1,400	1,400
4	1,200	1,400	1,600
5	1,200	1,400	1,600
6	1,400	1,600	1,800
7	1,400	1,600	1,800
8	1,400	1,600	2,000
9	1,600	1,800	2,000
10	1,600	1,800	2,200
11	1,800	2,000	2,200
12	1,800	2,200	2,400
13	2,000	2,200	2,600
14	2,000	2,400	2,800
15	2,200	2,600	3,000
16-18	2,400	2,800	3,200
19-20	2,600	2,800	3,000
21-25	2,400	2,800	3,000
26-30	2,400	2,600	3,000
31-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-50	2,200	2,400	2,800
51-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-75	2,000	2,200	2,600
76 and up	2,000	2,200	2,400

FEMALES**	ACTIVITY LEVEL		
	Age	Sedentary ¹	Moderate ²
2	1,000	1,000	1,000
3	1,000	1,200	1,400
4	1,200	1,400	1,400
5	1,200	1,400	1,600
6	1,200	1,400	1,600
7	1,200	1,600	1,800
8	1,400	1,600	1,800
9	1,400	1,600	1,800
10	1,400	1,800	2,000
11	1,600	1,800	2,000
12	1,600	2,000	2,200
13	1,600	2,000	2,200
14	1,800	2,000	2,400
15	1,800	2,000	2,400
16-18	1,800	2,000	2,400
19-20	2,000	2,200	2,400
21-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-35	1,800	2,000	2,200
36-40	1,800	2,000	2,200
41-45	1,800	2,000	2,200
46-50	1,800	2,000	2,200
51-55	1,600	1,800	2,200
56-60	1,600	1,800	2,200
61-65	1,600	1,800	2,000
66-75	1,600	1,800	2,000
76 and up	1,600	1,800	2,000

(1) Sedentary means a lifestyle that includes only the physical activity of independent living.

(2) Moderately Active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

(3) Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.

*Adapted from the 2015-2020 *Dietary Guidelines for Americans*

**Estimates for females do not include women who are pregnant or breastfeeding.

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