

## ESTIMATED CALORIE REQUIREMENTS

This chart shows the estimated number of calories needed to maintain energy balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. The calorie ranges accommodate the different ages within each group. Children and adolescents need more calories at the older end of each age range, while adults need fewer calories at the older end of each range.

Gender	Age (years)	Sedentary (b)	Moderately Active (c)	Active (d)
<b>Child</b>	2-3	1,000	1,000-1,400	1,000-1,400
<b>Female</b>	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
<b>Male</b>	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes macronutrients report, 2002.

- b** Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
- c** 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 light physical activity associated with typical day-to-day life
- d** 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 light physical activity associated with typical day-to-day life.