

Recommended Daily Caloric Intake

Ever wonder how many calories you need a day to maintain your current weight? Though this is based on a variety of factors, the USDA assigns individuals to a calorie level based on gender, age and activity level. The chart below can serve as a general guide to help you determine how many calories you need a day if you are trying to maintain your current weight.

Please note that this chart is meant to be an estimate only, and is intended for the average adult, within a healthy body weight range, who wants to maintain their weight. Actual calories needed to maintain weight may vary based on muscle mass, activity and a variety of other factors.

If you are overweight or underweight, your daily caloric needs may differ from the calories listed on this guide. Weight loss requires burning off more calories than you consume through exercise. Please consult with a health care professional to determine how many calories you need to reach your desired goal.

Activity Levels

Sedentary or Inactive: You have a sedentary activity level if you are inactive and perform less than 30 minutes of moderate physical activity each day in addition to regular daily activities, like work.

Moderate: To achieve a moderate activity level, you perform at least 30 minutes and up to 60 minutes a day of moderate physical activity in addition to daily activities.

Active: To achieve the active level, you perform 60 or more minutes of moderate physical activity each day in addition to daily activities.

Chart

MALES				FEMALES			
Activity level	Sedentary*	Mod. active*	Active*	Activity level	Sedentary*	Mod. active*	Active*
AGE				AGE			
2	1000	1000	1000	2	1000	1000	1000
3	1000	1400	1400	3	1000	1200	1400
4	1200	1400	1600	4	1200	1400	1400
5	1200	1400	1600	5	1200	1400	1600
6	1400	1600	1800	6	1200	1400	1600
7	1400	1600	1800	7	1200	1600	1800
8	1400	1600	2000	8	1400	1600	1800
9	1600	1800	2000	9	1400	1600	1800
10	1600	1800	2200	10	1400	1800	2000
11	1800	2000	2200	11	1600	1800	2000
12	1800	2200	2400	12	1600	2000	2200
13	2000	2200	2600	13	1600	2000	2200
14	2000	2400	2800	14	1800	2000	2400
15	2200	2600	3000	15	1800	2000	2400
16	2400	2800	3200	16	1800	2000	2400
17	2400	2800	3200	17	1800	2000	2400
18	2400	2800	3200	18	1800	2000	2400
19-20	2600	2800	3000	19-20	2000	2200	2400
21-25	2400	2800	3000	21-25	2000	2200	2400
26-30	2400	2600	3000	26-30	1800	2000	2400
31-35	2400	2600	3000	31-35	1800	2000	2200
36-40	2400	2600	2800	36-40	1800	2000	2200
41-45	2200	2600	2800	41-45	1800	2000	2200
46-50	2200	2400	2800	46-50	1800	2000	2200
51-55	2200	2400	2800	51-55	1600	1800	2200
56-60	2200	2400	2600	56-60	1600	1800	2200
61-65	2000	2400	2600	61-65	1600	1800	2000
66-70	2000	2200	2600	66-70	1600	1800	2000
71-75	2000	2200	2600	71-75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

Source: My Pyramid, USDA

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

The content provided on Get Fit Tennessee's Web site is for informational purposes only. It is intended to provide educational guidance and is not designed to provide or take the place of medical advice. Please consult your health care provider regarding any medical issues you have relating to symptoms, conditions, diseases, diagnosis, treatments and side effects. This chart is not for use with pregnant or lactating women or children. If you have a concern about your weight or health please consult your health care provider.