



Estimated Calorie Needs per Day, by Age, Sex, and Physical Activity Level

MALES				FEMALES ^[d]			
AGE	Moderately			AGE	Moderately		
	Sedentary ^[a]	active ^[b]	Active ^[c]		Sedentary ^[a]	active ^[b]	Active ^[c]
2	1,000	1,000	1,000	2	1,000	1,000	1,000
3	1,000	1,400	1,400	3	1,000	1,200	1,400
4	1,200	1,400	1,600	4	1,200	1,400	1,400
5	1,200	1,400	1,600	5	1,200	1,400	1,600
6	1,400	1,600	1,800	6	1,200	1,400	1,600
7	1,400	1,600	1,800	7	1,200	1,600	1,800
8	1,400	1,600	2,000	8	1,400	1,600	1,800
9	1,600	1,800	2,000	9	1,400	1,600	1,800
10	1,600	1,800	2,200	10	1,400	1,800	2,000
11	1,800	2,000	2,200	11	1,600	1,800	2,000
12	1,800	2,200	2,400	12	1,600	2,000	2,200
13	2,000	2,200	2,600	13	1,600	2,000	2,200
14	2,000	2,400	2,800	14	1,800	2,000	2,400
15	2,200	2,600	3,000	15	1,800	2,000	2,400
16	2,400	2,800	3,200	16	1,800	2,000	2,400
17	2,400	2,800	3,200	17	1,800	2,000	2,400
18	2,400	2,800	3,200	18	1,800	2,000	2,400

19-20	2,600	2,800	3,000	19-20	2,000	2,200	2,400
21-25	2,400	2,800	3,000	21-25	2,000	2,200	2,400
26-30	2,400	2,600	3,000	26-30	1,800	2,000	2,400
31-35	2,400	2,600	3,000	31-35	1,800	2,000	2,200
36-40	2,400	2,600	2,800	36-40	1,800	2,000	2,200
41-45	2,200	2,600	2,800	41-45	1,800	2,000	2,200
46-50	2,200	2,400	2,800	46-50	1,800	2,000	2,200
51-55	2,200	2,400	2,800	51-55	1,600	1,800	2,200
56-60	2,200	2,400	2,600	56-60	1,600	1,800	2,200
61-65	2,000	2,400	2,600	61-65	1,600	1,800	2,000
66-70	2,000	2,200	2,600	66-70	1,600	1,800	2,000
71-75	2,000	2,200	2,600	71-75	1,600	1,800	2,000
76 and up	2,000	2,200	2,400	76 and up	1,600	1,800	2,000

Notes

[a] Sedentary means a lifestyle that includes only the physical activity of independent living.

[b] 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.

[c] 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.

[d] Estimates for females do not include women who are pregnant or breastfeeding.

Source: Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids.