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Wolters Kluwer

Estimated caloric needs per day, by age, sex, and physical activity level

Males				Females [◇]			
Age	Sedentary*	Moderately active [¶]	Active ^Δ	Age	Sedentary*	Moderately active [¶]	Active ^Δ
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 to 20	2600	2800	3000	19 to 20	2000	2200	2400
21 to 25	2400	2800	3000	21 to 25	2000	2200	2400
26 to 30	2400	2600	3000	26 to 30	1800	2000	2400
31 to 35	2400	2600	3000	31 to 35	1800	2000	2200
36 to 40	2400	2600	2800	36 to 40	1800	2000	2200
41 to 45	2200	2600	2800	41 to 45	1800	2000	2200
46 to 50	2200	2400	2800	46 to 50	1800	2000	2200
51 to 55	2200	2400	2800	51 to 55	1600	1800	2200
56 to 60	2200	2400	2600	56 to 60	1600	1800	2200
61 to 65	2000	2400	2600	61 to 65	1600	1800	2000
66 to 70	2000	2200	2600	66 to 70	1600	1800	2000
71 to 75	2000	2200	2600	71 to 75	1600	1800	2000
76 and up	2000	2200	2400	76 and up	1600	1800	2000

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

¶ 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.

Δ 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.

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

Reproduced from: U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans, 8th Edition, December 2015. Available at: <http://health.gov/dietaryguidelines/2015/guidelines/> (Accessed on April 25, 2016).

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