

The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Eat Healthy

Estimated Daily Calorie Limit

Estimated amounts of calories needed to maintain calorie balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual's calorie needs may be higher or lower than these average estimates.

AGE	PHYSICAL ACTIVITY LEVEL		
	Sedentary	Moderately active	Active
4-8	1,200-1,400	1,400-1,600	1,400-1,800
9-13	1,400-1,600	1,600-2,000	1,800-2,200
14-18	1,800	2,000	2,400
19-30	1,800-2,000	2,000-2,200	2,400
31-50	1,800	2,000	2,200
51+	1,600	1,800	2,000-2,200

Male

4-8	1,200-1,400	1,400-1,600	1,600-2,000
9-13	1,600-2,000	1,800-2,200	2,000-2,600
14-18	2,000-2,400	2,400-2,800	2,800-3,200
19-30	2,400-2,600	2,600-2,800	3,000
31-50	2,200-2,400	2,400-2,600	2,800-3,000
51+	2,000-2,200	2,200-2,400	2,400-2,800