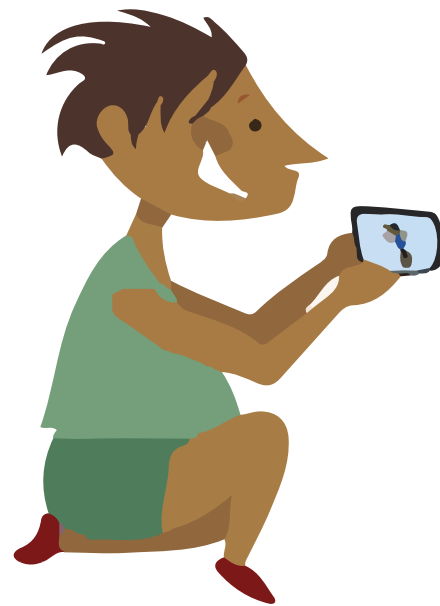


# Calories Needed Each Day

Knowing how many calories you need each day is important to keep you and your family healthy. Do you know how many calories you need each day?



## Calories = ENERGY IN

How many calories you need each day from food depends on:

- age
- gender
- how active you are

## Activity = ENERGY OUT

**not active** - Not much ENERGY OUT. Does only light activity like cooking or walking to the mailbox.

**somewhat active** - Some ENERGY OUT. Does physical activity adding up to 30-40 minutes each day, which is equal to walking quickly for 1.5 - 3 miles.

**very active** - A lot of ENERGY OUT. Does physical activity for more than 40 minutes each day, or more than walking quickly for 3 miles.

**not active**

**somewhat active**

**very active**



## Calories Needed Each Day for Women and Girls

Age	Not Active	Somewhat Active	Very Active
2-3 years	1,000 - 1,200	1,000 - 1,400	1,000 - 1,400
4-8 years	1,200 - 1,400	1,400 - 1,600	1,400 - 1,800
9-13 years	1,400 - 1,600	1,600 - 2,000	1,800 - 2,200
14-18 years	1,800	2,000	2,400
19-30 years	1,800 - 2,000	2,000 - 2,200	2,400
31 - 50 years	1,800	2,000	2,200
51 years and older	1,600	1,800	2,000 - 2,200

## Calories Needed Each Day for Men and Boys

Age	Not Active	Somewhat Active	Very Active
2 - 3 years	1,000 - 1,200	1,000 - 1,400	1,000 - 1,400
4 - 8 years	1,200 - 1,400	1,400 - 1,600	1,600 - 2,000
9 - 13 years	1,600 - 2,000	1,800 - 2,200	2,000 - 2,600
14 - 18 years	2,000 - 2,400	2,400 - 2,800	2,800 - 3,200
19 - 30 years	2,400 - 2,600	2,600 - 2,800	3,000
31 - 50 years	2,200 - 2,400	2,400 - 2,600	2,800 - 3,000
51 years and older	2,000 - 2,200	2,200 - 2,400	2,400 - 2,800



Information Source: [National Heart, Lung, and Blood Institute](#)

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