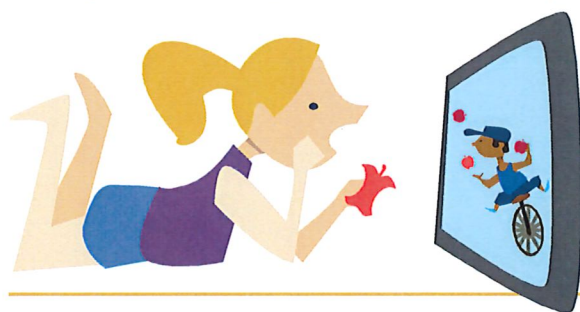


parent tips

Calories Needed Each Day

It's important to know the number of calories you need to eat to stay healthy. Do you know how many calories you and your family need each day?



How many calories you need each day—ENERGY IN—depends on a few things:

- Your age
- Whether you are male or female
- How active you are

The tables on the next pages show the calories needed each day for boys and men, and for girls and women. They are split by age and three levels of activity.

Not Active—Not much ENERGY OUT. Does only light activity needed for daily life. For instance, cooking or walking to the mailbox.

Somewhat Active—Some ENERGY OUT. Does physical activity equal to walking quickly for 1 ½ to 3 miles (about 30–40 minutes) each day. Plus, does light activity needed for daily life.

Very Active—A lot of ENERGY OUT. Does physical activity equal to walking quickly for more than 3 miles each day (more than 40 minutes). Plus, does light activity needed for daily life.

**not
active**



**somewhat
active**



**very
active**



These tables give you an idea of how much ENERGY IN your family members need.

The amount of calories needed differs by age based on the level of regular physical activity. That's why the tables give a range of calories for some age groups.

- For children, more calories are needed at older ages.
- For adults, fewer calories are needed at older ages.

Calories Needed Each Day for Boys and Men

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

Calories Needed Each Day for Girls and Women

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

Source: HHS/USDA Dietary Guidelines for Americans, 2010

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WE CAN.

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