

Controlling your risk: Calorie ranges for your active lifestyle

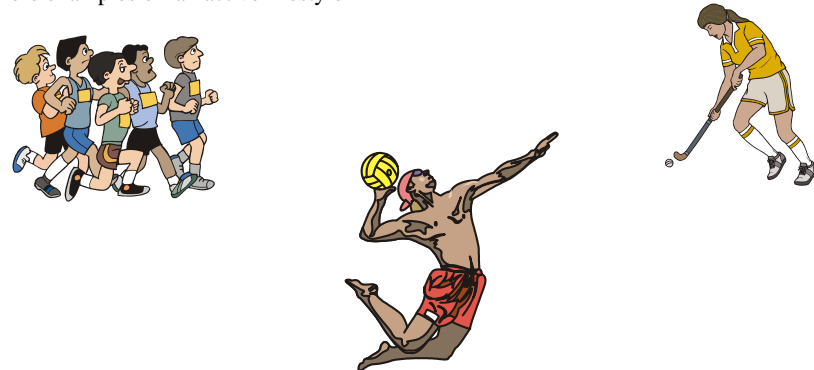
To prevent weight gain with an active lifestyle ...

Examples of active lifestyle



All ages should increase physical activity to 90 to 120 minutes daily.

More examples of an active lifestyle



the USDA Food Guide suggests these calories levels:

	Age	daily calories
Child Female	2 to 3 years	1,000 to 1,400
	4 to 8 years	1,400 to 1,800
	9 to 13 years	1,800 to 2,200
	14- 18 years	2,400
	19 -30 years	2,400
Male	31 to 50 years	2,200
	51 or older	2,000 to 2,200
	4 to 8 years	1,600 to 2,000
	9 to 13 years	2,000 to 2,600
	14- 18 years	2,800 to 3,200
	19 -30 years	3,000
	31 to 50 years	2,800 to 3,000
	51 or older	2,400 to 2,800

And limit calories for these ages.

	Age	daily calories
Female	14- 18 years	1,800
	19 -30 years	1,800
	31 to 50 years	1,600
	51 or older	1,400 to 1,600
Male	14- 18 years	2,200 to 2,600
	19 -30 years	2,400
	31 to 50 years	2,200 to 2,400
	51 or older	1,800 to 2,200

To promote weight loss...