

Controlling your risk: Calorie ranges for your moderately active lifestyle

To prevent weight gain with a moderately active lifestyle ...

Examples of moderately active lifestyle



the USDA Food Guide suggests these calories levels:

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

To promote weight loss...

All ages should increase physical activity to an active level for to 60 to 90 minutes daily.

Examples of an active lifestyle



And limit calories for these ages.

	Age	daily calories
Female	14- 18 years	1,400
	19 -30 years	1,400 to 1,600
	31 to 50 years	1,600
	51 or older	1,200
Male	14- 18 years	1,800 to 2,200
	19 -30 years	2,000 to 2,200
	31 to 50 years	1,900 to 2,000
	51 or older	1,600 to 1,800