

Controlling your risk: Choose a calorie range for your sedentary lifestyle

To prevent weight gain with a light physical activity lifestyle

Examples of light activity



the USDA Food Guide suggests these calories levels:

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

To promote weight loss...

All ages should increase physical activity to a moderate level for 30 to 60 minutes daily.

Examples of moderate activity



And limit calories for these ages.

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