

	Calorie Range		
	Sedentary	Moderate	Active
2 years	1,000	1,000	1,000
Females			
3 years	1,000	1,200	1,400
4	1,200	1,400	1,400
5-6	1,200	1,400	1,600
7	1,200	1,600	1,800
8-9	1,400	1,600	1,800
10	1,400	1,800	2,000
11	1,600	1,800	2,000
12-13	1,600	2,000	2,200
14-18	1,800	2,000	2,400
19-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,800	2,000	2,200
51-60	1,600	1,800	2,200
61 and up	1,600	1,800	2,000
Males			
3 years	1,000	1,400	1,400
4-5	1,200	1,400	1,600
6-7	1,400	1,600	1,800
8	1,400	1,600	2,000
9	1,600	1,800	2,000
10	1,600	1,800	2,200
11	1,800	2,000	2,200
12	1,800	2,200	2,400
13	2,000	2,200	2,600
14	2,000	2,400	2,800
15	2,200	2,600	3,000
16-18	2,400	2,800	3,200
19-20	2,600	2,800	3,000
21-25	2,400	2,800	3,000
26-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-70	2,000	2,200	2,600
71-75	2,000	2,200	2,600
76 and up	2,000	2,200	2,400

Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Less than 30 minutes per day in addition to daily activities.

Moderate means at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life. Sixty minutes or more minutes a day of moderate physical activity in addition to daily activities.