



Estimated Calorie Needs for Adults 19 and older

Here are estimated calorie maintenance needs for adults from the Dept. of Health. This is not an exact science but is a great starting point. Find your age, gender and activity level to get an estimate of your daily calorie maintenance needs. Sedentary means only light physical activity associated with typical activities of daily living. Moderate means briskly walking 1.5 to 3 miles daily or the equivalent. Active means briskly walking more than 3 miles daily or equivalent exercise.

Males			
Age	Sedentary	Moderate	Active
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
66–75	2,000	2,200	2,600
76+	2,000	2,200	2,400
Females			
Age	Sedentary	Moderate	Active
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+	1,600	1,800	2,000

NASM (The National Academy of Sports Medicine) recommends that 20-35% of your daily calories come from fat sources, 35% come from protein and 45-65% come from carbs, including fruits and vegetables.