



Know How Many Calories You Should Eat

To avoid gaining weight over time, you should aim to burn up as many calories through basic metabolic function and physical activity as you take in. To know whether you're on track, you need to be able to estimate how many calories you need based on your age, gender and level of physical activity.

The calorie ranges shown in this table allow for the needs of people of different ages within an age group. Adults need fewer calories at older ages. For example, an active 31-year-old man needs about 3,000 daily calories, but an active 50-year-old man needs only about 2,800 calories.

Gender	Age (years)	Activity Level and Estimated Calories Burned		
		Sedentary ¹	Moderately Active ²	Active ³
Female	19–30	2,000	2,000-2,200	2,400
	31–50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	19–30	2,400	2,600-2,800	3,000
	31–50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

¹ Sedentary means you have a lifestyle that includes only the light physical activity associated with typical day-to-day life.

² Moderately active means you have a lifestyle that includes physical activity equivalent to walking about 1.5 to 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.

³ Active means you have 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.

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