

## Estimated Calorie Needs per Day

	Age (years)	Calorie Requirements (kcal) by Activity Level: Sedentary	Calorie Requirements (kcal) by Activity Level: Moderately Active	Calorie Requirements (kcal) by Activity Level: Active
Child (M and F)	2 to 3	1,000-1,200	1,000-1,400	1,000-1,400
Female	4 to 8	1,200-1,400	1,400-1,600	1,400-1,800
Female	9 to 13	1,400-1,600	1,600-2,000	1,800-2,200
Female	14 to 18	1,800	2,000	2,400
Male	4 to 8	1,200-1,400	1,400-1,600	1,600-2,000
Male	9 to 13	1,600-2,000	1,800-2,200	2,000-2,600
Male	14 to 18	2,000-2,400	2,400-2,800	2,800-3,200