

Caloric Maintenance Chart

The chart below shows you the minimum number of calories you need per day to maintain your weight based on your lifestyle.

Sedentary: A lifestyle that includes nothing more than the usual activities of daily living.

Moderately Active: If your lifestyle requires walking 1.5 to 3 miles a day at a pace of 3 to 4 miles an hour

Active: A lifestyle requiring more than 3 miles of walking daily at the same pace

Gender	Age	Sedentary
Males	19-30	2400-2600
	31-50	2200-2400
	51+	2000-2200
Females	19-30	1800-2000
	31-50	1800
	51+	1600
Gender	Age	Moderately Active
Males	19-30	2600-2800
	31-50	2400-2600
	51+	2200-2400
Females	19-30	2000-2200
	31-50	2000
	51+	1800
Gender	Age	Active
Males	19-30	3000
	31-50	2800-3000
	51+	2400-2800
Females	19-30	2400
	31-50	2200
	51+	2000-2200

*Generated using the Institute of Medicine's estimated energy requirement calculation. These numbers should only be used as an estimate and reference point as each individual is metabolically different.