

Calories You Need

To determine activity levels, choose the category that best describes you.

Couch Spud: Mainly sitting all day, standing, reading, or typing.

Go-Lightly: Walking is the main exercise, but no more than 2 hours a day.

Fairly Brisk: Heavy housework, gardening, and brisk walking (about a 15-minute mile).

Very Active: Labor-intensive job or vigorous daily exercise such as running.

Women's Daily Calorie Needs

Weight	Couch Spud	Go-Lightly	Fairly Brisk	Very Active
100	1,300	1,400	1,500	1,600
110	1,430	1,540	1,650	1,760
120	1,560	1,650	1,800	1,920
130	1,690	1,800	1,950	2,080
140	1,680	1,950	2,100	2,240
150	1,950	2,100	2,250	2,400
160	2,080	2,250	2,400	2,560
170	2,210	2,400	2,550	2,720
180	2,340	2,520	2,700	2,880
190	2,470	2,660	2,850	3,040
200	2,600	2,800	3,000	3,200
210	2,730	2,940	3,150	3,360
220	2,860	3,080	3,300	3,520

Men's Daily Calorie Needs

Weight	Couch Spud	Go-Lightly	Fairly Brisk	Very Active
150	2,145	2,130	2,475	2,640
160	2,228	2,464	2,640	2,816
170	2,431	2,618	2,805	2,992
180	2,574	2,772	2,970	3,168
190	2,717	2,926	3,135	3,344
200	2,860	3,080	3,300	3,520
210	3,003	3,234	3,465	3,695
220	3,146	3,388	3,630	3,872
230	3,289	3,542	3,795	4,048
240	3,432	3,696	3,960	4,224
250	3,575	3,850	4,125	4,400
260	3,718	4,004	4,290	4,576