



Daily Caloric Needs

(Depend on weight, age, gender and activity level)

Women

Exercise	Age	Calories
< 30 min/day	Over 50	1600
	30-50	1800
	Under 30	2000
30 min/day	Over 50	1800
	30-50	2000
	Under 30	2000
60 min/day or more	Over 50	2000
	30-50	2200
	Under 30	2400

Men

Exercise	Age	Calories
<30 min/day	Over 50	2000
	30-50	2200
	Under 30	2400
30 min/day	Over 50	2200
	30-50	2400
	Under 30	2600
60 min/day or more	Over 50	2800
	30-50	3000
	Under 30	3000

These would be considered your “weight maintenance” calories. To lose weight (1 lb per week)- create a deficit of 500 calories from your weight maintenance calories. You can do this by cutting out 300 calories from your diet and burn an extra 200 calories through exercise.