

## APPENDIX 6. ESTIMATED CALORIE NEEDS PER DAY BY AGE, GENDER, AND PHYSICAL ACTIVITY LEVEL (DETAILED)

Estimated amounts of calories<sup>a</sup> needed to maintain calorie balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual's calorie needs may be higher or lower than these average estimates.

Gender/ Activity level <sup>b</sup>	Male/ Sedentary	Male/ Moderately Active	Male/ Active	Female <sup>c</sup> / Sedentary	Female <sup>c</sup> / Moderately Active	Female <sup>c</sup> / Active
Age (years)						
2	1,000	1,000	1,000	1,000	1,000	1,000
3	1,200	1,400	1,400	1,000	1,200	1,400
4	1,200	1,400	1,600	1,200	1,400	1,400
5	1,200	1,400	1,600	1,200	1,400	1,600
6	1,400	1,600	1,800	1,200	1,400	1,600
7	1,400	1,600	1,800	1,200	1,600	1,800
8	1,400	1,600	2,000	1,400	1,600	1,800
9	1,600	1,800	2,000	1,400	1,600	1,800
10	1,600	1,800	2,200	1,400	1,800	2,000
11	1,800	2,000	2,200	1,600	1,800	2,000
12	1,800	2,200	2,400	1,600	2,000	2,200
13	2,000	2,200	2,600	1,600	2,000	2,200
14	2,000	2,400	2,800	1,800	2,000	2,400
15	2,200	2,600	3,000	1,800	2,000	2,400
16	2,400	2,800	3,200	1,800	2,000	2,400
17	2,400	2,800	3,200	1,800	2,000	2,400
18	2,400	2,800	3,200	1,800	2,000	2,400
19-20	2,600	2,800	3,000	2,000	2,200	2,400
21-25	2,400	2,800	3,000	2,000	2,200	2,400
26-30	2,400	2,600	3,000	1,800	2,000	2,400
31-35	2,400	2,600	3,000	1,800	2,000	2,200
36-40	2,400	2,600	2,800	1,800	2,000	2,200
41-45	2,200	2,600	2,800	1,800	2,000	2,200
46-50	2,200	2,400	2,800	1,800	2,000	2,200
51-55	2,200	2,400	2,800	1,600	1,800	2,200
56-60	2,200	2,400	2,600	1,600	1,800	2,200
61-65	2,000	2,400	2,600	1,600	1,800	2,000
66-70	2,000	2,200	2,600	1,600	1,800	2,000
71-75	2,000	2,200	2,600	1,600	1,800	2,000
76+	2,000	2,200	2,400	1,600	1,800	2,000

a. Based on Estimated Energy Requirements (EER) equations, using reference heights (average) and reference weights (healthy) for each age-gender group. For children and adolescents, reference height and weight vary. For adults, the reference man is 5 feet 10 inches tall and weighs 154 pounds. The reference woman is 5 feet 4 inches tall and weighs 126 pounds. EER equations are from the Institute of Medicine. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002.

b. Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life. Moderately active means 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. Active means 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.

c. Estimates for females do not include women who are pregnant or breastfeeding.

Source: Britten P, Marcoe K, Yamini S, Davis C. Development of food intake patterns for the MyPyramid Food Guidance System. J Nutr Educ Behav 2006;38(6 Suppl):S78-S92.

## APPENDIX 5. NUTRITIONAL GOALS FOR AGE-GENDER GROUPS, BASED ON DIETARY REFERENCE INTAKES AND DIETARY GUIDELINES RECOMMENDATIONS

Nutrient (units)	Source of goal <sup>a</sup>	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	Female 14-18	Male 14-18	Female 19-30	Male 19-30	Female 31-50	Male 31-50	Female 51+	Male 51+
<b>Macronutrients</b>														
Protein (g)	RDA <sup>b</sup>	13	19	19	34	34	46	52	46	56	46	56	46	56
(% of calories)	AMDR <sup>c</sup>	5-20	10-30	10-30	10-30	10-30	10-30	10-30	10-35	10-35	10-35	10-35	10-35	10-35
Carbohydrate (g)	RDA	130	130	130	130	130	130	130	130	130	130	130	130	130
(% of calories)	AMDR	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65
Total fiber (g)	IOM <sup>d</sup>	14	17	20	22	25	25	31	28	34	25	31	22	28
Total fat (% of calories)	AMDR	30-40	25-35	25-35	25-35	25-35	25-35	25-35	20-35	20-35	20-35	20-35	20-35	20-35
Saturated fat (% of calories)	DG <sup>e</sup>	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Linoleic acid (g)	AI <sup>f</sup>	7	10	10	10	12	11	16	12	17	12	17	11	14
(% of calories)	AMDR	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10	5-10
alpha-Linolenic acid (g)	AI	0.7	0.9	0.9	1.0	1.2	1.1	1.6	1.1	1.6	1.1	1.6	1.1	1.6
(% of calories)	AMDR	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2	0.6-1.2
Cholesterol (mg)	DG	<300	<300	<300	<300	<300	<300	<300	<300	<300	<300	<300	<300	<300
<b>Minerals</b>														
Calcium (mg)	RDA	700	1,000	1,000	1,300	1,300	1,300	1,300	1,000	1,000	1,000	1,000	1,200	1,200
Iron (mg)	RDA	7	10	10	8	8	15	11	18	8	18	8	8	8
Magnesium (mg)	RDA	80	130	130	240	240	360	410	310	400	320	420	320	420
Phosphorus (mg)	RDA	460	500	500	1,250	1,250	1,250	1,250	700	700	700	700	700	700
Potassium (mg)	AI	3,000	3,800	3,800	4,500	4,500	4,700	4,700	4,700	4,700	4,700	4,700	4,700	4,700
Sodium (mg)	UL <sup>g</sup>	<1,500	<1,900	<1,900	<2,200	<2,200	<2,300	<2,300	<2,300	<2,300	<2,300	<2,300	<2,300	<2,300
Zinc (mg)	RDA	3	5	5	8	8	9	11	8	11	8	11	8	11
Copper (mcg)	RDA	340	440	440	700	700	890	890	900	900	900	900	900	900
Selenium (mcg)	RDA	20	30	30	40	40	55	55	55	55	55	55	55	55
<b>Vitamins</b>														
Vitamin A (mcg RAE)	RDA	300	400	400	600	600	700	900	700	900	700	900	700	900
Vitamin D <sup>h</sup> (mcg)	RDA	15	15	15	15	15	15	15	15	15	15	15	15	15
Vitamin E (mg AT)	RDA	6	7	7	11	11	15	15	15	15	15	15	15	15
Vitamin C (mg)	RDA	15	25	25	45	45	65	75	75	90	75	90	75	90
Thiamin (mg)	RDA	0.5	0.6	0.6	0.9	0.9	1.0	1.2	1.1	1.2	1.1	1.2	1.1	1.2
Riboflavin (mg)	RDA	0.5	0.6	0.6	0.9	0.9	1.0	1.3	1.1	1.3	1.1	1.3	1.1	1.3
Niacin (mg)	RDA	6	8	8	12	12	14	16	14	16	14	16	14	16
Folate (mcg)	RDA	150	200	200	300	300	400	400	400	400	400	400	400	400
Vitamin B <sub>6</sub> (mg)	RDA	0.5	0.6	0.6	1.0	1.0	1.2	1.3	1.3	1.3	1.3	1.3	1.5	1.7
Vitamin B <sub>12</sub> (mcg)	RDA	0.9	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Choline (mg)	AI	200	250	250	375	375	400	550	425	550	425	550	425	550
Vitamin K (mcg)	AI	30	55	55	60	60	75	75	90	120	90	120	90	120