

TABLE 10.5 Daily Calorie Allowance Table

WOMEN WEIGHT	SUPER ACTIVE	VERY ACTIVE	ACTIVE	MODERATE ACTIVE	LOW ACTIVE	SEDENTARY
80	1600	1440	1280	1120	960	800
90	1800	1620	1440	1260	1080	900
100	2000	1800	1600	1400	1200	1000
110	2200	1980	1760	1540	1320	1100
120	2400	2160	1920	1680	1440	1200
130	2600	2340	2080	1820	1560	1300
140	2800	2520	2240	1960	1680	1400
150	3000	2700	2400	2100	1800	1500
160	3200	2880	2560	2240	1920	1600
170	3400	3060	2720	2380	2040	1700
180	3600	3240	2880	2520	2160	1800
MEN WEIGHT	SUPER ACTIVE	VERY ACTIVE	ACTIVE	MODERATE ACTIVE	LOW ACTIVE	SEDENTARY
100	2600	2350	2100	1850	1600	1350
110	2800	2530	2260	1990	1720	1450
120	3000	2710	2420	2130	1840	1550
130	3200	2890	2580	2270	1960	1650
140	3400	3070	2740	2410	2080	1750
150	3600	3250	2900	2550	2200	1850
160	3800	3430	3060	2690	2320	1950
170	4000	3610	3220	2830	2440	2050
180	4200	3790	3380	2970	2560	2150
190	4400	3970	3540	3110	2680	2250
200	4600	4150	3700	3250	2800	2350

Source: From Reuters Staff, “Future of Food: Daily calorie intake.” *Reuters*, November 9, 2009.