

Daily Calorie Requirements

(Men)

Gender/Age	Calorie Needs if Sedentary	Calorie Needs if Moderately Active	Calorie Needs if Active
Men			
19-30 Years	2,400	2,600-2,800	3,000
31-50	2,200	2,400-2,600	2,800-3,000
51+	2,000	2,200-2,400	2,400-2,600