

Calorie Requirements for Women

Gender/Age	Calorie Needs if Sedentary	Calorie Needs if Moderately Active	Calorie Needs if Active
Women			
19-30 Years	2,000	2,000-2,200	2,400
31-50	1,800	2,000	2,000
51+	1,600	1,800	2,000-2,200