

Typical Daily Calorie Requirements Before and After Weight Loss (continued)

Men: Calorie Requirements Before Weight Loss at Age 40

Height	Activity Level	120 Pounds	135 Pounds	150 Pounds	165 Pounds	180 Pounds	195 Pounds
5'5"	A	2,115	2,208	2,301	2,394	2,487	2,581
	B	2,286	2,391	2,495	2,600	2,704	2,808
	C	2,530	2,650	2,770	2,891	3,011	3,131
5'6"	A	2,125	2,218	2,312	2,405	2,498	2,591
	B	2,298	2,403	2,507	2,611	2,716	2,820
	C	2,544	2,664	2,784	2,904	3,025	3,145
5'7"	A	2,136	2,229	2,322	2,415	2,509	2,602
	B	2,310	2,415	2,519	2,623	2,728	2,832
	C	2,557	2,677	2,798	2,918	3,038	3,158
5'8"	A	2,146	2,239	2,333	2,426	2,519	2,612
	B	2,322	2,426	2,531	2,635	2,740	2,844
	C	2,571	2,691	2,811	2,932	3,052	3,172
5'9"	A	2,157	2,250	2,343	2,436	2,530	2,623
	B	2,334	2,438	2,543	2,647	2,751	2,856
	C	2,584	2,705	2,825	2,945	3,065	3,186
5'10"	A	2,167	2,261	2,354	2,447	2,540	2,633
	B	2,346	2,450	2,554	2,659	2,763	2,868
	C	2,598	2,718	2,839	2,959	3,079	3,199
5'11"	A	2,178	2,271	2,364	2,458	2,551	2,644
	B	2,357	2,462	2,566	2,671	2,775	2,879
	C	2,612	2,732	2,852	2,972	3,093	3,213
6'0"	A	2,188	2,282	2,375	2,468	2,561	2,655
	B	2,369	2,474	2,578	2,682	2,787	2,891
	C	2,625	2,746	2,866	2,986	3,106	3,227
6'1"	A	2,199	2,292	2,385	2,479	2,572	2,665
	B	2,381	2,486	2,590	2,694	2,799	2,903
	C	2,639	2,759	2,880	3,000	3,120	3,240
6'2"	A	2,210	2,303	2,396	2,489	2,582	2,676
	B	2,393	2,497	2,602	2,706	2,811	2,915
	C	2,653	2,773	2,893	3,013	3,134	3,254
6'3"	A	2,220	2,313	2,407	2,500	2,593	2,686
	B	2,405	2,509	2,614	2,718	2,822	2,927
	C	2,666	2,787	2,907	3,027	3,147	3,268
6'4"	A	2,231	2,324	2,417	2,510	2,604	2,697
	B	2,417	2,521	2,625	2,730	2,834	2,939
	C	2,680	2,800	2,920	3,041	3,161	3,281

A = Sedentary. **B** = Light activity (30 minutes of moderate activity, such as walking, on most days of

(Add 100 calories for each decade below 40; subtract 100 calories for each decade above 40.)

210 Pounds	225 Pounds	240 Pounds	255 Pounds	270 Pounds	285 Pounds	300 Pounds	315 Pounds
2,674	2,767	2,860	2,953	3,047	3,140	3,233	3,326
2,913	3,017	3,122	3,226	3,330	3,435	3,539	3,644
3,251	3,372	3,492	3,612	3,732	3,853	3,973	4,093
2,684	2,778	2,871	2,964	3,057	3,150	3,244	3,337
2,925	3,029	3,133	3,238	3,342	3,447	3,551	3,655
3,265	3,385	3,506	3,626	3,746	3,866	3,987	4,107
2,695	2,788	2,881	2,975	3,068	3,161	3,254	3,347
2,937	3,041	3,145	3,250	3,354	3,459	3,563	3,667
3,279	3,399	3,519	3,639	3,760	3,880	4,000	4,120
2,706	2,799	2,892	2,985	3,078	3,172	3,265	3,358
2,948	3,053	3,157	3,262	3,366	3,470	3,575	3,679
3,292	3,413	3,533	3,653	3,773	3,894	4,014	4,134
2,716	2,809	2,903	2,996	3,089	3,182	3,275	3,369
2,960	3,065	3,169	3,273	3,378	3,482	3,587	3,691
3,306	3,426	3,546	3,667	3,787	3,907	4,027	4,148
2,727	2,820	2,913	3,006	3,100	3,193	3,286	3,379
2,972	3,076	3,181	3,285	3,390	3,494	3,598	3,703
3,320	3,440	3,560	3,680	3,801	3,921	4,041	4,161
2,737	2,830	2,924	3,017	3,110	3,203	3,297	3,390
2,984	3,088	3,193	3,297	3,401	3,506	3,610	3,715
3,333	3,453	3,574	3,694	3,814	3,934	4,055	4,175
2,748	2,841	2,934	3,027	3,121	3,214	3,307	3,400
2,996	3,100	3,204	3,309	3,413	3,518	3,622	3,726
3,347	3,467	3,587	3,708	3,828	3,948	4,068	4,189
2,758	2,852	2,945	3,038	3,131	3,224	3,318	3,411
3,008	3,112	3,216	3,321	3,425	3,530	3,634	3,738
3,360	3,481	3,601	3,721	3,841	3,962	4,082	4,202
2,769	2,862	2,955	3,049	3,142	3,235	3,328	3,421
3,019	3,124	3,228	3,333	3,437	3,541	3,646	3,750
3,374	3,494	3,615	3,735	3,855	3,975	4,096	4,216
2,779	2,873	2,966	3,059	3,152	3,246	3,339	3,432
3,031	3,136	3,240	3,344	3,449	3,553	3,658	3,762
3,388	3,508	3,628	3,748	3,869	3,989	4,109	4,229
2,790	2,883	2,976	3,070	3,163	3,256	3,349	3,443
3,043	3,147	3,252	3,356	3,461	3,565	3,669	3,774
3,401	3,522	3,642	3,762	3,882	4,003	4,123	4,243

the week). C = At least 30 minutes of strenuous activity on most days.