

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

According to our research at Tufts, energy requirements after weight loss are slightly lower than those for the same body weights before weight loss. For example, the daily requirement for a 5'3", 120-pound woman with a sedentary lifestyle is 1,741 calories before weight loss and 1,567 calories after weight loss.

Women: Calorie Requirements After Weight Loss at Age 40

Height	Activity Level	90 Pounds	105 Pounds	120 Pounds	135 Pounds	150 Pounds	165 Pounds
5'0"	A	1,385	1,455	1,524	1,594	1,664	1,734
	B	1,588	1,669	1,750	1,831	1,912	1,993
	C	1,727	1,816	1,905	1,993	2,082	2,170
5'1"	A	1,399	1,469	1,539	1,608	1,678	1,748
	B	1,604	1,685	1,766	1,847	1,928	2,009
	C	1,745	1,834	1,922	2,011	2,100	2,188
5'2"	A	1,413	1,483	1,553	1,623	1,692	1,762
	B	1,621	1,702	1,783	1,863	1,944	2,025
	C	1,763	1,852	1,940	2,029	2,118	2,206
5'3"	A	1,427	1,497	1,567	1,637	1,707	1,776
	B	1,637	1,718	1,799	1,880	1,961	2,042
	C	1,781	1,870	1,958	2,047	2,136	2,224
5'4"	A	1,441	1,511	1,581	1,651	1,721	1,791
	B	1,653	1,734	1,815	1,896	1,977	2,058
	C	1,799	1,888	1,976	2,065	2,154	2,242
5'5"	A	1,456	1,525	1,595	1,665	1,735	1,805
	B	1,670	1,751	1,832	1,913	1,994	2,075
	C	1,817	1,906	1,994	2,083	2,172	2,260
5'6"	A	1,470	1,540	1,609	1,679	1,749	1,819
	B	1,686	1,767	1,848	1,929	2,010	2,091
	C	1,835	1,924	2,012	2,101	2,190	2,278
5'7"	A	1,484	1,554	1,624	1,693	1,763	1,833
	B	1,703	1,784	1,865	1,946	2,027	2,108
	C	1,853	1,942	2,030	2,119	2,208	2,296
5'8"	A	1,498	1,568	1,638	1,708	1,777	1,847
	B	1,719	1,800	1,881	1,962	2,043	2,124
	C	1,871	1,960	2,048	2,137	2,226	2,314
5'9"	A	1,512	1,582	1,652	1,722	1,791	1,861
	B	1,735	1,816	1,897	1,978	2,059	2,140
	C	1,889	1,978	2,066	2,155	2,244	2,332
5'10"	A	1,526	1,596	1,666	1,736	1,806	1,875
	B	1,752	1,833	1,914	1,995	2,076	2,157
	C	1,907	1,996	2,084	2,173	2,262	2,350
5'11"	A	1,541	1,610	1,680	1,750	1,820	1,890
	B	1,768	1,849	1,930	2,011	2,092	2,173
	C	1,925	2,014	2,102	2,191	2,280	2,368

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

(Add 80 calories for each decade below 40; subtract 80 calories for each decade above 40.)

180 Pounds	195 Pounds	210 Pounds	225 Pounds	240 Pounds	255 Pounds	270 Pounds	285 Pounds
1,804	1,874	1,943	2,013	2,083	2,153	2,223	2,292
2,074	2,155	2,236	2,317	2,398	2,478	2,559	2,640
2,259	2,348	2,436	2,525	2,614	2,702	2,791	2,880
1,818	1,888	1,957	2,027	2,097	2,167	2,237	2,307
2,090	2,171	2,252	2,333	2,414	2,495	2,576	2,657
2,277	2,366	2,454	2,543	2,632	2,720	2,809	2,898
1,832	1,902	1,972	2,041	2,111	2,181	2,251	2,321
2,106	2,187	2,268	2,349	2,430	2,511	2,592	2,673
2,295	2,384	2,472	2,561	2,650	2,738	2,827	2,916
1,846	1,916	1,986	2,056	2,125	2,195	2,265	2,335
2,123	2,204	2,285	2,366	2,447	2,528	2,609	2,690
2,313	2,402	2,490	2,579	2,668	2,756	2,845	2,934
1,860	1,930	2,000	2,070	2,140	2,209	2,279	2,349
2,139	2,220	2,301	2,382	2,463	2,544	2,625	2,706
2,331	2,420	2,508	2,597	2,686	2,774	2,863	2,952
1,874	1,944	2,014	2,084	2,154	2,224	2,293	2,363
2,156	2,237	2,318	2,399	2,480	2,561	2,642	2,723
2,349	2,438	2,526	2,615	2,704	2,792	2,881	2,970
1,889	1,958	2,028	2,098	2,168	2,238	2,307	2,377
2,172	2,253	2,334	2,415	2,496	2,577	2,658	2,739
2,367	2,456	2,544	2,633	2,722	2,810	2,899	2,988
1,903	1,973	2,042	2,112	2,182	2,252	2,322	2,391
2,189	2,269	2,350	2,431	2,512	2,593	2,674	2,755
2,385	2,474	2,562	2,651	2,740	2,828	2,917	3,006
1,917	1,987	2,057	2,126	2,196	2,266	2,336	2,406
2,205	2,286	2,367	2,448	2,529	2,610	2,691	2,772
2,403	2,492	2,580	2,669	2,758	2,846	2,935	3,024
1,931	2,001	2,071	2,141	2,210	2,280	2,350	2,420
2,221	2,302	2,383	2,464	2,545	2,626	2,707	2,788
2,421	2,510	2,598	2,687	2,776	2,864	2,953	3,041
1,945	2,015	2,085	2,155	2,224	2,294	2,364	2,434
2,238	2,319	2,400	2,481	2,562	2,643	2,724	2,805
2,439	2,528	2,616	2,705	2,793	2,882	2,971	3,059
1,959	2,029	2,099	2,169	2,239	2,308	2,378	2,448
2,254	2,335	2,416	2,497	2,578	2,659	2,740	2,821
2,457	2,545	2,634	2,723	2,811	2,900	2,989	3,077

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