

Typical Daily Calorie Requirements Before and After Weight Loss

Find your height and the figure for your weight that corresponds to your activity level (see key at bottom of page), then factor in your age according to decade. For example, if you're in your forties, you can use the figures as they appear in the tables. If you're younger or older, follow the instructions that accompany each table.

Women: Calorie Requirements Before Weight Loss at Age 40

Height	Activity Level	90 Pounds	105 Pounds	120 Pounds	135 Pounds	150 Pounds	165 Pounds
5'0"	A	1,539	1,616	1,694	1,771	1,849	1,927
	B	1,764	1,854	1,944	2,034	2,124	2,214
	C	1,919	2,018	2,116	2,215	2,313	2,412
5'1"	A	1,554	1,632	1,710	1,787	1,865	1,942
	B	1,782	1,872	1,962	2,052	2,142	2,232
	C	1,939	2,038	2,136	2,235	2,333	2,432
5'2"	A	1,570	1,648	1,725	1,803	1,880	1,958
	B	1,801	1,891	1,981	2,071	2,161	2,251
	C	1,959	2,058	2,156	2,255	2,353	2,452
5'3"	A	1,586	1,663	1,741	1,819	1,896	1,974
	B	1,819	1,909	1,999	2,089	2,179	2,269
	C	1,979	2,078	2,176	2,275	2,373	2,472
5'4"	A	1,602	1,679	1,757	1,834	1,912	1,989
	B	1,837	1,927	2,017	2,107	2,197	2,287
	C	1,999	2,097	2,196	2,295	2,393	2,492
5'5"	A	1,617	1,695	1,772	1,850	1,928	2,005
	B	1,855	1,945	2,035	2,125	2,215	2,305
	C	2,019	2,117	2,216	2,314	2,413	2,511
5'6"	A	1,633	1,711	1,788	1,866	1,943	2,021
	B	1,874	1,964	2,054	2,144	2,233	2,323
	C	2,039	2,137	2,236	2,334	2,433	2,531
5'7"	A	1,649	1,726	1,804	1,882	1,959	2,037
	B	1,892	1,982	2,072	2,162	2,252	2,342
	C	2,059	2,157	2,256	2,354	2,453	2,551
5'8"	A	1,665	1,742	1,820	1,897	1,975	2,052
	B	1,910	2,000	2,090	2,180	2,270	2,360
	C	2,079	2,177	2,276	2,374	2,473	2,571
5'9"	A	1,680	1,758	1,835	1,913	1,991	2,068
	B	1,928	2,018	2,108	2,198	2,288	2,378
	C	2,099	2,197	2,296	2,394	2,493	2,591
5'10"	A	1,696	1,774	1,851	1,929	2,006	2,084
	B	1,947	2,037	2,126	2,216	2,306	2,396
	C	2,119	2,217	2,316	2,414	2,513	2,611
5'11"	A	1,712	1,789	1,867	1,944	2,022	2,100
	B	1,965	2,055	2,145	2,235	2,325	2,415
	C	2,139	2,237	2,336	2,434	2,533	2,631

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
2,004	2,082	2,159	2,237	2,314	2,392	2,470	2,547
2,304	2,394	2,484	2,574	2,664	2,754	2,844	2,934
2,510	2,609	2,707	2,806	2,904	3,003	3,101	3,200
2,020	2,097	2,175	2,253	2,330	2,408	2,485	2,563
2,322	2,412	2,502	2,592	2,682	2,772	2,862	2,952
2,530	2,629	2,727	2,826	2,924	3,023	3,121	3,220
2,036	2,113	2,191	2,268	2,346	2,423	2,501	2,579
2,340	2,430	2,520	2,610	2,700	2,790	2,880	2,970
2,550	2,649	2,747	2,846	2,944	3,043	3,141	3,240
2,051	2,129	2,206	2,284	2,362	2,439	2,517	2,594
2,359	2,449	2,539	2,629	2,719	2,809	2,899	2,989
2,570	2,669	2,767	2,866	2,964	3,063	3,161	3,260
2,067	2,145	2,222	2,300	2,377	2,455	2,532	2,610
2,377	2,467	2,557	2,647	2,737	2,827	2,917	3,007
2,590	2,689	2,787	2,886	2,984	3,083	3,181	3,280
2,083	2,160	2,238	2,315	2,393	2,471	2,548	2,626
2,395	2,485	2,575	2,665	2,755	2,845	2,935	3,025
2,610	2,709	2,807	2,906	3,004	3,103	3,201	3,300
2,098	2,176	2,254	2,331	2,409	2,486	2,564	2,641
2,413	2,503	2,593	2,683	2,773	2,863	2,953	3,043
2,630	2,728	2,827	2,925	3,024	3,123	3,221	3,320
2,114	2,192	2,269	2,347	2,424	2,502	2,580	2,657
2,432	2,522	2,612	2,702	2,792	2,882	2,972	3,062
2,650	2,748	2,847	2,945	3,044	3,142	3,241	3,339
2,130	2,207	2,285	2,363	2,440	2,518	2,595	2,673
2,450	2,540	2,630	2,720	2,810	2,900	2,990	3,080
2,670	2,768	2,867	2,965	3,064	3,162	3,261	3,359
2,146	2,223	2,301	2,378	2,456	2,533	2,611	2,689
2,468	2,558	2,648	2,738	2,828	2,918	3,008	3,098
2,690	2,788	2,887	2,985	3,084	3,182	3,281	3,379
2,161	2,239	2,317	2,394	2,472	2,549	2,627	2,704
2,486	2,576	2,666	2,756	2,846	2,936	3,026	3,116
2,710	2,808	2,907	3,005	3,104	3,202	3,301	3,399
2,177	2,255	2,332	2,410	2,487	2,565	2,642	2,720
2,505	2,595	2,685	2,775	2,865	2,955	3,044	3,134
2,730	2,828	2,927	3,025	3,124	3,222	3,321	3,419

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