

H E E L S _v S T I E S

Appendix III

Estimated women caloric needs per day by age and physical activity level

Age	Sedentary	Moderately Active	Active
18	1,800	2,000	2,400
19-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,800	2,000	2,200
51-60	1,600	1,800	2,200
61 and up	1,600	1,800	2,000

Note that these recommendations are to maintain your weight. If weight loss is intended there will be further caloric restrictions.

Source: Institute of Medicine. Dietary Reference intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington (DC): The National Academies Press; 2002

Sedentary - means a lifestyle that include the physical activity required for daily living.

Moderately Active - means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour in addition to the activity of daily living.

Active- means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of daily living.