

3 EASY STEPS TO ESTIMATE YOUR FOOD AND ENERGY NEEDS

Step 1:

Choose the category which most closely matches your activity level.

- Activity Level A:** Someone who rarely gets any physical activity (e.g., gets a ride to and from school, no P.E. class).
- Activity Level B:** Someone who gets about 20–30 minutes of moderate exercise 4–5 times a week (e.g., walking to school).
Note: Most people fall into this category.
- Activity Level C:** Someone who gets at least 30 minutes of brisk aerobic exercise daily (e.g., on an athletic team year-round)
- Activity Level D:** Someone who is an elite athlete (e.g., training for a marathon). Note: Very few people fall into this category.

Step 2:

Find your age group, gender and activity level on the chart below and circle your estimated calorie needs. Remember: these are only estimates!

	11–14 YEAR OLDS		15–18 YEAR OLDS	
	MALE	FEMALE	MALE	FEMALE
Activity Level A	1,900 calories	1,700 calories	2,300 calories	1,800 calories
Activity Level B	2,200 calories	2,000 calories	2,700 calories	2,000 calories
Activity Level C	2,400 calories	2,200 calories	3,000 calories	2,300 calories
Activity Level D	3,000 calories	2,800 calories	3,700 calories	2,900 calories

Step 3:

Find your estimated calorie needs on the chart below to determine how many food group servings you need each day.

HOW MANY SERVINGS OF EACH FOOD GROUP DO YOU NEED EACH DAY?			
FOOD GROUP	1,700–2,000 CALORIES	2,200–2,500 CALORIES	2,800 + CALORIES
Milk Group	4**	4**	4**
Meat Group	2	2–3	3
Vegetable Group	3–4	4–5	5+
Fruit Group	2–3	3–4	4+
Bread Group	6–8	9–10	11+

* Calorie levels are based on choosing three-star and four-star foods from each group and few "sometimes foods."

** Based on the 1997 National Academy of Sciences Dietary Reference Intakes for calcium. Young children (under age 9) and adults (19–50 years) need 2–3 servings.