



Nutrient Needs for Adults

Suggested weight for adults

Height ¹	Weight ² in pounds
5'0"	97-128
5'2"	104-137
5'4"	111-146
5'6"	118-155
5'8"	125-164
5'10"	132-174
6'0"	140-184
6'2"	149-195
6'4"	156-205
6'6"	165-216

¹Without shoes

²Without clothes

Women who are pregnant or breast-feeding need more calories than if they were not pregnant or breast-feeding.

Calorie Needs

Everyone needs calories. How many calories do you need? Use the information below as a guide. Your calorie needs may be more or less than those listed because of your activity level or age. The more active you are, the more calories you need. Older people usually need fewer calories than younger people.

- 1600 calories a day is about right for many sedentary women and some older adults.
- 2200 calories a day is about right for moderately active women, and most men.
- 2800 calories a day is about right for active men and some very active women.

Moderate physical activity might be leisurely walking (3 miles per hour) or dancing.

Active physical activity might be running, rowing or brisk walking (5 miles per hour).

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Recommended intake of certain nutrients and fiber:

	1600 calories	2200 calories	2800 calories
Total fat	less than 53 g	less than 73 g	less than 93 g
Saturated fat	less than 18 g	less than 24 g	less than 31 g
Cholesterol	less than 300 mg	less than 300 mg	less than 300 mg
Sodium	less than 2400 mg	less than 2400 mg	less than 2400 mg
Fiber	20 g	25 g	32 g

g = grams; mg = milligrams

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