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w11. Weight Loss Calorie Dietary Guidelines

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Dietary guidelines for maintaining health, issued in September 2002 by the Institute of Medicine estimate the daily energy requirements, in calories, for people age 30 and of various heights, weights and levels of activity. We offer them here for your amusement. We do not expect people to begin calculating their daily Calorie intake. People just won't do that. If you do wish to count then here is what the experts say.

- 5 feet, 1 inch, and 98 to 132 pounds

Women: sedentary, 1,688 to 1,834 calories; active, 2,104 to 2,290 calories
Men: sedentary, 1,919 to 2,167 calories; active, 2,104 to 2,290 calories.

- 5 feet, 5 inches, and up to 150 pounds.

Women: sedentary, 1,816 to 1,982 calories; active, 2,267 to 2,477 calories
Men: sedentary, 2,068 to 2,349 calories; active, 2,490 to 2,842 calories.

- 5 feet, 9 inches, 125 to 169 pounds.

Women: sedentary, 1,948 to 2,134 calories; active, 2,434 to 2,670 calories
Men: sedentary, 2,222 to 2,538 calories; active, 2,683 to 3,078 calories.

- 6 feet, 1 inch, 139 to 188 pounds.

Women: sedentary, 2,083 to 2,290 calories; active, 2,605 to 2,869 calories
Men: sedentary, 2,382 to 2,736 calories; active, 2,883 to 3,325 calories.

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