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Average daily calorie intake for a woman

The average recommended daily calories for men and women are 2000 and 2,500/day, respectively. What are Calories? Calorie denotes a unit of energy that you derive from the food and drinks you consume and the amount of energy you use to perform various physical activities. The more calories a food product has, the more power/energy you can get from consuming it. And when your calorie count exceeds the range of calories your body needs, your body deposits those additional calories as fat. The calorie count of different food items varies. It means that the three macronutrients, carbohydrates, proteins, and fats your body needs, do not have the same number of calories. Here is a breakdown of calories: Calories per gram in macronutrients Carbohydrate: 4 calories/gramProtein: 4 calories/gramFat: 9 calories/gramFor example, you can get 150 calories by munching on a candy bar or 30 cups of lettuce. The bottom line is to understand that all calories are not the same. It will help you make better dietary choices. How many calories should you eat on average? The answer to this question will vary from person to person, depending on various factors, such as weight, age, metabolism, overall health, and physical fitness. The one-size-fits-all approach does not work here. An example will help you understand this. If you want to lose weight, you should keep your calorie consumption 500 calories less than your body needs. This practice will help you maintain your weight. However, if you want to gain weight, you should increase your calorie intake by 500 calories. In either case, you need to consult a dietitian to help you manage their weight. Women who are more than 50 years old need fewer calories, around 1,800 calories/day. If you are pregnant or breastfeeding, the above chart might not be suitable for you. Discuss your options with your doctor. Men Moderately active men between 26–45 years need 2,600 calories/day.Active men (who walk around 5 kilometers/day) need about 2,800 to 3,000 calories/day.Men between 19 to 25 years need approximately 2,800 calories/day.Men between 46–65 years need 2,400 calories/day.Men above the age of 66 will likely need 2,200/day. Children The calorie requirement of children varies widely. While an average toddler may need 1,200 to 1,400 calories a day, moderately active teenagers will likely require 2,000 to 2,800 calories a day. Calories Required Per Day: Calorie Intake Whether you want to gain, lose, or maintain your current body weight, counting calories is crucial. The pointers given below will help you understand your calorie requirements according to your specific needs. Losing weight: Generally, dietary recommendations state that you need to reduce your total calorie intake by 500 calories per day if you want to lose one pound a week. It means if you need 2,000 calories/day, you should reduce it to 1,500 calories/day to lose 1 pound a week. However, as losing weight is a slow process, it is highly advisable to be patient and work with your dietitian to find a suitable diet plan for you.Gaining weight: If you want to gain weight, try not to do it yourself and seek professional help. An expert dietician can chalk out a weight-gain diet plan according to your body's needs to help you healthily gain weight.Maintaining a healthy weight: Your daily calorie intake for maintaining a healthy weight depends on various factors. It includes the following: How old are you?How physically active are you?What is your BMI or Body Mass Index (ideally, the BMI for women is 21.5 and men is 22.5)? How to reduce calorie intake? Some of the most effective ways to reduce your calorie intake include: Try to avoid sugary beverages and fruit juices.Include more protein in your diet.Keep yourself adequately hydrated.Make sure to exercise regularly.Cut on your carbohydrate (refined) intake.Frequently Asked Questions How do I calculate my daily calorie needs? The number of calories you need per day depends on your age, height, weight, physical fitness, and health condition. You can use a calculator to estimate your daily calorie needs. There are several online calculators available. However, for more precise results, you should consult a dietitian. How many calories should I eat a day by age? Refer to the below chart to find out how many calories you need to have per day: SexAge GroupLevel of ActivityActiveModerately ActiveSedentaryMales19 to 3030002600-28002400-260031 to 502600-28002400-26002200-2400More than 502400-26002200-24002000-2200Females19 to 302400-26002200-24002000-2200More than 502000-22001800-20002000-2200Jupiterimages/Polka Dot/Getty Images Since each woman has unique characteristics that determine how many calories she needs to eat, a "normal" calorie intake for women doesn't necessarily exist. In fact, Weight Control Information Network reports that about 64 percent of women in the U.S. are overweight or obese, which means many women may be scarfing down too many calories. If you want to estimate your individualized calorie needs, break out your calculator. Due to decreases in metabolism that occur with age, older women need fewer daily calories than their younger counterparts to maintain weight. The Dietary Guidelines for Americans 2010 estimate that women ages 19 to 30 need between 1,800 to 2,400 calories, females ages 31 to 50 require anywhere between 1,800 to 2,200 calories and women older than age 50 need between 1,600 to 2,200 calories per day for healthy weight maintenance. Specific calorie needs depend on a woman's body weight and activity level. Women who are sedentary need about 13 calories per pound of body weight every day to maintain a healthy weight, according to Harvard Medical School. For example, a 130-pound woman who has a desk job needs about 1,690 calories each day, while a 140-pound sedentary woman requires about 1,820 calories per day to maintain her weight. A moderately active woman requires slightly more calories to maintain a healthy weight. For example, Harvard Medical School reports that a woman who weighs 125 to 155 pounds can burn 135 to 167 calories walking for 30 minutes at a pace of 4 miles per hour. Moderately active women need approximately 15 to 16 calories per pound of body weight each day, according to Harvard Medical School and the University of Washington. Therefore, a 130-pound moderately active woman requires 1,950 to 2,080 calories, while a 140-pound moderately active woman needs 2,100 to 2,240 calories each day to maintain her weight. An active woman may burn quite a few extra calories exercising regularly, which could mean she needs even more calories to maintain her weight. For example, a 140-pound woman who runs 5 miles three times a week would need 2,240 to 2,380 calories per day to maintain her weight. For women who are very active, the numbers go up. For example, a 140-pound woman athlete who regularly participates in endurance exercises may require even more calories for weight maintenance. If you're overweight or obese, you will get yourself to a healthier weight by eating 10 calories per pound of your ideal body weight, according to the University of Washington. For example, if your ideal weight is 125 pounds, you need about 1,250 calories each day to move toward your goal weight. Rawpixel/iStock/Getty Images Plus/Getty Images Many factors affect how many calories adults need. Some factors you cannot control. For example, your age and height. Activity level, on the other hand, is an example of something that impacts calorie needs that you can control. Most people do not need to count calories. One way to ensure that you are eating enough — but not too much — is to get in tune with your body. We all have individual hunger and fullness cues. Try to get in touch with your personal cues. They are a helpful way to determine when and how much to eat. Weakness, shakiness and irritability may be signs of hunger for many people. Pacing yourself is an ideal way to assess fullness. For example, slowly eat half of your meal and then take a pause. Give your body a chance to begin to digest the food and think about how good it is to feel comfortably full and satisfied That said, for those who are curious about the number of calories they need, there are lots of simple ways to find out. Go with an Estimate Calorie needs for adult women range from 1,600 to 2,200 per day. For men, the estimates range from 2,000 to 3,200 per day. The low end of the range may be better for you if you get little to no activity throughout the day. If you are very active throughout the day, the high end of the range may be more reflective of your needs. However, as we age, our calorie needs decrease. For those who are pregnant or breastfeeding, calorie needs are higher and will depend on the trimester or the number of months after delivery, respectively. Ask your health care provider for a referral to a registered dietitian nutritionist to learn more about your nutrition needs during and after pregnancy. Use an Online Calculator There are many free online calculators to help you figure out how many calories you need. The National Institutes of Health Body Weight Planner allows you to calculate your personal needs based on your height, sex, age, current weight and activity level — ranging from 1.4 to 4.0 METs. MyPlate website also has an easy online tool for figuring out how many calories you need. How does it work? Go to the "Get Your MyPlate Plan" app on the MyPlate website. Fill in your age, sex, weight, height and activity level. Press "Calculate Food Plan." Read the number of calories you need to maintain your current weight. You can also learn about the amounts that are recommended from each food group to help you meet your healthy eating goals: Click on the button with your recommended calorie intake. A page will open that lists the daily recommended amounts for you to eat from each of the five food groups. Getting Too Few or Too Many Calories? Some people have trouble maintaining a healthy weight. And, not all weight changes are related to how much you are eating or drinking. Health conditions and medicines, for example, can impact weight changes. A registered dietitian nutritionist can work with you to develop an eating plan that meets your body's needs as well as your taste preferences and lifestyle.

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