

Calorie Needs for Children and Teens



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Gender	Age	Not Active	Somewhat Active	Active
Child	2-3	1,000	1,000 -1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
Female	9-13	1,600	1,600-2000	1,800-2,200
Female	14-18	1,800	2,000	2,400
Male	4-8	1,400	1,400-1,800	1,600-2,000
Male	9-13	1,800	1,800-2,200	2,000-2,600
Male	14-18	2,200	2,400-2,800	2,800-3,200

Source: HHS/USDA Dietary Guidelines for Americans, 2005

- ✓ Think of calories like a bank account of money, put yourself on a budget and only spend what you need
- ✓ Spend calories wisely (not all in one place)
- ✓ Spend calories on complete foods that have protein, starch and veggies



- ✓ Complete meals help maintain moods 😊, weight and blood sugar levels
- ✓ BE CAREFUL eating only 150 calories more a day can add 5 pounds of weight in just 6 months!

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