



# NUTRITION FACTS

## OLDER CHILDREN AND TEENS

Daily calorie needs are based on activity level and gender

### Daily calorie needs based on age, gender, and activity level

Age (Years)	Gender	Sedentary (Not Active)	Moderately Active	Active
2-3	Male or female	1,000	1,000	1,000
4-8	Male	1,200 – 1,400	1,400 – 1,600	1,600 – 2,000
	Female	1,200 – 1,400	1,400 – 1,600	1,400 – 1,800
9-13	Male	1,600 – 2,000	1,800 – 2,200	2,000 – 2,600
	Female	1,400 – 1,600	1,600 – 2,000	1,800 – 2,200
14-18	Male	2,000 – 2,400	2,400 – 2,800	2,800 – 3,200
	Female	1,800	2,000	2,400
19-30	Male	2,400 – 2,600	2,600 – 2,800	3,000
	Female	1,800 – 2,000	2,000 – 2,200	2,400
31-50	Male	2,200 – 2,400	2,400 – 2,600	2,800 – 3,000
	Female	1,800	2,000	2,200
51 and older	Male	2,000 – 2,200	2,200 – 2,400	2,400 – 2,800
	Female	1,600	1,800	2,000 – 2,200

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7<sup>th</sup> ed. Washington, DC US Government Printing Office 2010.

<http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 18, 2014

## Daily amounts of each food group based on calorie needs

Food Group <sup>a</sup>	1,000 Calories	1,200 Calories	1,400 Calories	1,600 Calories	1,800 Calories	2,000 Calories
Fruits	1 cup	1 cup	1 ½ cups	1 ½ cups	1 ½ cups	2 cups
Vegetables	1 cup	1 ½ cups	1 ½ cups	2 cups	2 ½ cups	2 ½ cups
Grains	3 ounces	4 ounces	5 ounces	5 ounces	6 ounces	6 ounces
Protein foods	2 ounces	3 ounces	4 ounces	5 ounces	5 ounces	5 ½ ounces
Dairy	2 cups	2 ½ cups	2 ½ cups	3 cups	3 cups	3 cups

Food Group <sup>a</sup>	2,200 Calories	2,400 Calories	2,600 Calories	2,800 Calories	3,000 Calories	3,200 Calories
Fruits	2 cups	2 cups	2 cups	2 ½ cups	2 ½ cups	2 ½ cups
Vegetables	3 cups	3 cups	3 ½ cups	3 ½ cups	4 cups	4 cups
Grains	7 ounces	8 ounces	9 ounces	10 ounces	10 ounces	10 ounces
Protein foods	6 ounces	6 ½ ounces	6 ½ ounces	7 ounces	7 ounces	7 ounces
Dairy	3 cups					

<sup>a</sup> Food group equivalents: 1 cup of fruit equals 1 cup of raw or cooked fruit, ½ cup of dried fruit, or 1 cup of 100% fruit juice; 1 cup of vegetables equals 1 cup of raw or cooked vegetables, 2 cups of leafy salad greens, or 1 cup of 100% vegetable juice; 1 ounce of grains equals 1 slice of bread, 1 ounce of ready-to-eat cereal, or ½ cup of cooked rice, pasta or cereal; 1 ounce of protein such as lean meat, poultry, or seafood equals 1 egg, 1 tablespoon of peanut butter, ¼ cup of cooked beans or peas, or ½ ounce of nuts or seeds; 1 cup of dairy such as milk, yogurt, or fortified soy beverage equals 1 ½ ounces of natural cheese or 2 ounces of processed cheese.

Adapted from US Department of Agriculture and US Department of Health and Human Services. *Dietary Guidelines for Americans, 2010*. 7<sup>th</sup> ed. Washington, DC; US Government Printing Office 2010.  
<http://www.health.gov/dietaryguidelines/2010.asp>. Accessed March 10, 2014