

## Energy (Calorie) Requirements of Infants, Children, and Adults\*

Daily Calorie Requirements in the First Year of Life  
(by month)

Age months	For Average Weight kg	Daily energy requirement kcal/d	Age months	For Average Weight kg	Daily energy requirement kcal/d
<b>BOYS</b>			<b>GIRLS</b>		
0-1	4.58	<b>518</b>	0-1	4.35	<b>464</b>
1-2	5.50	<b>570</b>	1-2	5.14	<b>517</b>
2-3	6.28	<b>596</b>	2-3	5.82	<b>550</b>
3-4	6.94	<b>569</b>	3-4	6.41	<b>537</b>
4-5	7.48	<b>608</b>	4-5	6.92	<b>571</b>
5-6	7.93	<b>639</b>	5-6	7.35	<b>599</b>
6-7	8.30	<b>653</b>	6-7	7.71	<b>604</b>
7-8	8.62	<b>680</b>	7-8	8.03	<b>629</b>
8-9	8.89	<b>702</b>	8-9	8.31	<b>652</b>
9-10	9.13	<b>731</b>	9-10	8.55	<b>676</b>
10-11	9.37	<b>752</b>	10-11	8.78	<b>694</b>
11-12	9.62	<b>775</b>	11-12	9.00	<b>712</b>

Daily Calorie Requirements in the First 18 Years of Life

<b>BOYS</b> Age years	For Average Weight kg	Daily energy requirement (Moderate physical activity)	<b>GIRLS</b> Age years	For Average Weight kg	Daily energy requirement (Moderate physical activity)
		kcal/d			kcal/d
1-2	11.5	<b>950</b>	1-2	10.8	<b>850</b>
2-3	13.5	<b>1 125</b>	2-3	13.0	<b>1 050</b>
3-4	15.7	<b>1 250</b>	3-4	15.1	<b>1 150</b>
4-5	17.7	<b>1 350</b>	4-5	16.8	<b>1 250</b>
5-6	19.7	<b>1 475</b>	5-6	18.6	<b>1 325</b>
6-7	21.7	<b>1 575</b>	6-7	20.6	<b>1 425</b>
7-8	24.0	<b>1 700</b>	7-8	23.3	<b>1 550</b>
8-9	26.7	<b>1 825</b>	8-9	26.6	<b>1 700</b>
9-10	29.7	<b>1 975</b>	9-10	30.5	<b>1 850</b>
10-11	33.3	<b>2 150</b>	10-11	34.7	<b>2 000</b>
11-12	37.5	<b>2 350</b>	11-12	39.2	<b>2 150</b>
12-13	42.3	<b>2 550</b>	12-13	43.8	<b>2 275</b>
13-14	47.8	<b>2 775</b>	13-14	48.3	<b>2 375</b>
14-15	53.8	<b>3 000</b>	14-15	52.1	<b>2 450</b>
15-16	59.5	<b>3 175</b>	15-16	55.0	<b>2 500</b>
16-17	64.4	<b>3 325</b>	16-17	56.4	<b>2 500</b>
17-18	67.8	<b>3 400</b>	17-18	56.7	<b>2 500</b>

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\*Note that all energy requirements shown are based on an average weight as indicated, and on moderate activity levels.

## Average Daily Calorie Requirements for Adult Men and (non-pregnant and non-lactating) Women

aged 18 to 29.90 years			
MEN	Daily energy requirement	WOMEN	Daily energy requirement
	(Moderate physical activity)		(Moderate physical activity)
For Average Weight kg	<i>kcal/d</i>	For Average Weight kg	<i>kcal/d</i>
55	<b>2650</b>	50	<b>2150</b>
60	<b>2800</b>	55	<b>2300</b>
65	<b>2900</b>	60	<b>2400</b>
70	<b>3050</b>	65	<b>2550</b>

aged 30 to 59.90 years			
MEN	Daily energy requirement	WOMEN	Daily energy requirement
	(Moderate physical activity)		(Moderate physical activity)
For Average Weight kg	<i>kcal/d</i>	For Average Weight kg	<i>kcal/d</i>
55	<b>2650</b>	50	<b>2200</b>
60	<b>2750</b>	55	<b>2500</b>
65	<b>2850</b>	60	<b>2350</b>
70	<b>2950</b>	65	<b>2500</b>

### Additional Daily Calorie Requirements During Pregnancy

For pregnant women, daily energy requirements are higher beginning in the first trimester. In many communities, a high proportion of (non-obese) women do not seek prenatal advice until at least the second trimester. For these women, the advice should be to increase their daily food intake by **360kcal in the second trimester** and **475 kcal in the third trimester**.

### Additional Daily Calorie Requirements During Lactation

Well-nourished women (and those with adequate weight gain during pregnancy) who exclusively breastfeed their infants during the first six months of life should increase their energy intake by **505 kcal daily** during this time.

Undernourished women (and those with insufficient weight gain during pregnancy) should increase their energy intake by **675 kcal daily**.

Energy requirements for milk production in the second six months are highly variable among women and populations.

Source of data: Human Energy Requirements, FAO 2004.