

## MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

Activity level	MALES			Activity level	FEMALES		
	Sedentary*	Mod. active*	Active*		Sedentary*	Mod. active*	Active*
<b>AGE</b>				<b>AGE</b>			
<b>2</b>	1000	1000	1000	<b>2</b>	1000	1000	1000
<b>3</b>	1000	1400	1400	<b>3</b>	1000	1200	1400
<b>4</b>	1200	1400	1600	<b>4</b>	1200	1400	1400
<b>5</b>	1200	1400	1600	<b>5</b>	1200	1400	1600
<b>6</b>	1400	1600	1800	<b>6</b>	1200	1400	1600
<b>7</b>	1400	1600	1800	<b>7</b>	1200	1600	1800
<b>8</b>	1400	1600	2000	<b>8</b>	1400	1600	1800
<b>9</b>	1600	1800	2000	<b>9</b>	1400	1600	1800
<b>10</b>	1600	1800	2200	<b>10</b>	1400	1800	2000
<b>11</b>	1800	2000	2200	<b>11</b>	1600	1800	2000
<b>12</b>	1800	2200	2400	<b>12</b>	1600	2000	2200
<b>13</b>	2000	2200	2600	<b>13</b>	1600	2000	2200
<b>14</b>	2000	2400	2800	<b>14</b>	1800	2000	2400
<b>15</b>	2200	2600	3000	<b>15</b>	1800	2000	2400
<b>16</b>	2400	2800	3200	<b>16</b>	1800	2000	2400
<b>17</b>	2400	2800	3200	<b>17</b>	1800	2000	2400
<b>18</b>	2400	2800	3200	<b>18</b>	1800	2000	2400
<b>19-20</b>	2600	2800	3000	<b>19-20</b>	2000	2200	2400
<b>21-25</b>	2400	2800	3000	<b>21-25</b>	2000	2200	2400
<b>26-30</b>	2400	2600	3000	<b>26-30</b>	1800	2000	2400
<b>31-35</b>	2400	2600	3000	<b>31-35</b>	1800	2000	2200
<b>36-40</b>	2400	2600	2800	<b>36-40</b>	1800	2000	2200
<b>41-45</b>	2200	2600	2800	<b>41-45</b>	1800	2000	2200
<b>46-50</b>	2200	2400	2800	<b>46-50</b>	1800	2000	2200
<b>51-55</b>	2200	2400	2800	<b>51-55</b>	1600	1800	2200
<b>56-60</b>	2200	2400	2600	<b>56-60</b>	1600	1800	2200
<b>61-65</b>	2000	2400	2600	<b>61-65</b>	1600	1800	2000
<b>66-70</b>	2000	2200	2600	<b>66-70</b>	1600	1800	2000
<b>71-75</b>	2000	2200	2600	<b>71-75</b>	1600	1800	2000
<b>76 and up</b>	2000	2200	2400	<b>76 and up</b>	1600	1800	2000

\*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002. SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities. MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities. ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

