

The Daily Caloric Consumption Chart For Women

Resting Calories (doing nothing)

Low Activity (low impact walking, cycling 2-3 times a week)

Medium Activity (low impact walking or cycling 3-4 times a week)

High Activity (low impact walking or cycling 6-7 times a week)

| POUNDS YOU WEIGH | RESTING CALORIES | LOW ACTIVITY | MEDIUM ACTIVITY | HIGH ACTIVITY |
|------------------|------------------|--------------|-----------------|---------------|
| 100 | 1,120 | 1,450 | 1,570 | 1,680 |
| 110 | 1,150 | 1,490 | 1,600 | 1,720 |
| 120 | 1,190 | 1,550 | 1,670 | 1,780 |
| 130 | 1,220 | 1,580 | 1,700 | 1,830 |
| 140 | 1,250 | 1,630 | 1,750 | 1,880 |
| 150 | 1,280 | 1,660 | 1,800 | 1,920 |
| 160 | 1,320 | 1,720 | 1,850 | 1,980 |
| 170 | 1,350 | 1,750 | 1,890 | 2,000 |
| 180 | 1,380 | 1,790 | 1,930 | 2,070 |
| 190 | 1,420 | 1,850 | 1,990 | 2,100 |
| 200 | 1,450 | 1,880 | 2,030 | 2,180 |
| 210 | 1,480 | 1,950 | 2,050 | 2,200 |
| 220 | 1,512 | 1,970 | 2,100 | 2,270 |
| 230 | 1,540 | 2,000 | 2,160 | 2,300 |
| 240 | 1,580 | 2,050 | 2,200 | 2,400 |
| 250 | 1,610 | 2,090 | 2,250 | 2,410 |
| 260 | 1,640 | 2,130 | 2,300 | 2,460 |
| 270 | 1,676 | 2,170 | 2,350 | 2,500 |
| 280 | 1,710 | 2,220 | 2,400 | 2,560 |
| 290 | 1,740 | 2,260 | 2,440 | 2,600 |
| 300 | 1,770 | 2,480 | 2,500 | 2,660 |

Sources:

Mayo Clinic Report, volume 163 (1998)

American Journal of Clinical Nutrition, volume 44 (1986 1-19)