

Daily Energy Needs and Average Calorie Requirements

Age	Average Daily Calorie Needs	Average Calories Needed to Reduce Weight
7-10 years (male & female)	1,600 to 2,200 calories	1,200 to 1600 calories
11-14 years (male)	2,200 to 2,800 calories	1,500 to 2,000 calories
11-14 years (female)	1,600 to 2,400 calories	1,200 to 1,800 calories
15-18 years (male)	2,400 to 3,400 calories	1,800 to 2,400 calories
15-18 years (female)	1,800 to 2,400 calories	1,200 to 1,800 calories