



## Fitness and Nutrition – Theme 8: Fuel for the body

## Factsheet 8c

### Energy consumption chart

#### WOMEN (based on normal activity levels)

	calories per day
Babies:	1,000-1,400
2 year olds:	around 1,400
4 year olds:	around 1,600
7-10 year olds:	1,600-2,400
14 year olds:	around 2,200
adult women:	1,900-2,200
pregnant women:	2,600-2,800
nursing mothers:	2,700-2,900
middle-aged women:	1,700-1,900
elderly (over 70):	1,100-1,300

#### MEN (based on normal activity levels)

	calories per day
Babies:	1,000-1,400
2 year olds:	around 1,400
4 year olds:	around 1,600
7-10 year olds:	1,600-2,400
14 year olds:	around 2,700
adult men:	2,700-2,900
middle-aged men:	2,400-2,600
elderly (over 70):	1,400-1,600

Men and women who are involved in sports, need much higher levels of energy (usually about 20-30% more), depending on the activity.

The more active we are, the harder our metabolism has to work to produce the energy we need. As an example:

- While sitting, a woman burns 70 calories an hour, a man 90 calories
- When standing, a woman burns 100 calories an hour, a man 120 calories
- When walking, a woman burns 180 calories an hour, a man 220 calories
- While running, a woman burns 420 calories an hour, a man 600 calories.