

CALORIES—HOW MANY FOR YOU?

That depends on you ... your age ... your sex ... and just how active you are. The chart below shows about how many calories the average "on-the-move" teen needs each day. If you're a "s-l-o-w mo," you need somewhat less. And if you're a "real mover," you need more.

AGE	CALORIES EACH DAY	
FEMALE	11-18	2,200
	19-22	2,200
MALE	11-14	2,500
	15-18	3,000
	19-22	2,900

Nutrients—Your Own Values

On a label, the 100% Daily Value for each nutrient is based on a 2,000 calorie diet. But if you know about how many calories you need, you can put Daily Values to your personal use. Just use the chart below.

- Circle the calories you need from step 2.
- Underneath, find your nutrient goals. Circle them, too.
- Now, circle the % Daily Value that you should strive for each day. If you need more than 2,000 calories a day, the foods you eat will add up to more than 100% of the Daily Value for fat, saturated fat, carbohydrate, fiber, and protein.

(For every calorie goal, vitamins and minerals stay the same: at least 100% of the Daily Value.)

Calories	2,000	2,500	2,800	3,500	4,000
Total fat (g)	65	80	95	120	135
Saturated fat (g)	20	25	30	40	45
Cholesterol (mg)	300	300	300	300	300
Total carbohydrate (g)	300	375	425	525	600
Dietary fiber (g)	25	30	30	40	45
Protein (g)	50	65	70	90	100
For each of these nutrients, your %Daily Value can add up to...	100%	125%	140%	175%	200%