

TABLE 2: ENERGY LEVELS FOR PROPOSED FOOD INTAKE PATTERNS

This table shows target and suggested energy intake levels for each age/gender group for proposed Pyramid food intake patterns. These target and suggested levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes macronutrients report, 2002. See the notes page for additional information.

MALES							FEMALES						
SEDENTARY ¹			LOW ACTIVE ¹		ACTIVE ¹		SEDENTARY ¹			LOW ACTIVE ¹		ACTIVE ¹	
AGE ²	EER ³	TARGET PATTERN ⁴	EER ³	SUGGESTED PATTERN(S) ⁵	EER ³	SUGGESTED PATTERN(S) ⁵	AGE ²	EER ³	TARGET PATTERN ⁴	EER ³	SUGGESTED PATTERN(S) ⁵	EER ³	SUGGESTED PATTERN(S) ⁵
2	1050	1000	1050	1000-1400	1050	1000-1400	2	997	1000	997	1000-1200	997	1000-1400
3	1162		1324		1485		3	1080		1243		1395	
4	1215	1400	1390	1400-1600	1566	1600-2000	4	1133	1200	1310	1400-1600	1475	1400-1800
5	1275		1466		1658		5	1189		1379		1557	
6	1328		1535		1742		6	1247		1451		1642	
7	1394		1617		1840		7	1298		1515		1719	
8	1453		1692		1931		8	1360		1593		1810	
9	1530		1800		1787		1800-2200	2043		2000-2600		9	
10	1601	1875		2149	10	1470		1729	1972				
11	1691	1985		2279	11	1538		1813	2071				
12	1798	2113		2428	12	1617		1909	2183				
13	1935	2276		2618	13	1684		1992	2281				
14	2090	2200	2459	2400-2800	2829	2800-3200	14	1718	1800	2036	2000	2334	2400
15	2223		2618		3013		15	1731		2057		2362	
16	2320		2736		3152		16	1729		2059		2368	
17	2366		2796		3226		17	1710		2042		2353	
18	2383		2823		3263		18	1690		2024		2336	
20	2540	2400	2768	2600-2800	3057	3000	20	1933	2000	2139	2000-2200	2396	2400
25	2493		2720		3010		25	1898		2104		2362	
30	2445		2672		2962		30	1864		2070		2327	
35	2397	2200	2625	2400-2600	2914	2800-3000	35	1829	1800	2035	2000	2293	2200
40	2350		2577		2867		40	1795		2001		2258	
45	2302		2530		2819		45	1760		1966		2224	
50	2254		2482		2771		50	1725		1931		2189	
55	2207	2000	2434	2200-2400	2724	2600-2800	55	1691	1600	1897	1800	2154	2000-2200
60	2159		2387		2676		60	1656		1862		2120	
65	2111		2339		2629		65	1622		1828		2085	
70	2064		2291		2581		70	1587		1793		2051	
75	2016	2000	2244	2200	2533	2400-2600	75	1553	1600	1759	1800	2016	2000
80	1968		2196		2486		80	1518		1724		1982	

NOTES FOR TABLE 2:

1. **SEDENTARY** means a lifestyle that includes only the physical activity of independent living.
LOW ACTIVE means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.
ACTIVE means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the activities of independent living.
2. Ages are grouped according to age groups used by the IOM for setting Dietary Reference Intakes. Estimated Energy Requirements (EER) are shown for each year from 2 to 18, and at 5 year intervals for adults.
3. EERs are the Estimated Energy Requirements from the IOM Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18, and median height and a weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males. Regression formulas for the EERs are given below.
4. Target Patterns are the energy levels assigned to each age/gender group that are used to determine the nutrient adequacy of Food Guide Pyramid daily food intake patterns for that group. One target pattern is set for each age/gender group, and is appropriate for most sedentary individuals in the group, based on the EERs of those included. For children ages 9 to 13, energy levels for the target patterns were selected at the higher end of the age range to allow for growth spurts during this period.
5. Suggested Patterns are the Food Guide Pyramid daily food intake patterns that are generally appropriate for low active or active individuals for each age/gender group, based on their EERs. These suggested patterns are not used to determine nutritional adequacy of the pattern but to suggest appropriate food selections for those needing more calories than the target patterns provide.

Regression formulas used for calculating Estimated Energy Requirements (EERs): In formulas, heights (HT) are in meters, weights (WT) in kilograms. Reference heights and weights and physical activity (PA) coefficients used in the formulas are from the IOM Dietary Reference Intakes macronutrients report, 2002. PAs that were used in calculations for sedentary, low active, and active levels of physical activity are also given below.

Male 24 mos.: $EER=(89*WT-100)+20$
 Female 24 mos.: $EER=(89*WT-100)+20$

Male 3-8: $EER=88.5-(61.9*AGE)+PA*(26.7*WT+903*HT)+20$
 Female 3-8: $EER=135.3-(30.8*AGE)+PA*(10*WT+934*HT)+20$

Male 9-18: $EER=88.5-(61.9*AGE)+PA*(26.7*WT+903*HT)+25$
 Female 9-18: $EER=135.3-(30.8*AGE)+PA*(10*WT+934*HT)+25$

Adult males: $EER=662-(9.53*AGE)+PA*(15.91*WT+539.6*HT)$
 Adult females: $EER=354-(6.91*AGE)+PA*(9.36*WT+726*HT)$

Physical Activity Coefficients (PA):

	Sedentary	Low Active	Active
MALES			
3 to 18 years old	1.00	1.13	1.26
Adults 19 and older	1.00	1.11	1.25
FEMALES			
3 to 18 years old	1.00	1.16	1.31
Adults 19 and older	1.00	1.12	1.27