

Calories—We Need Them (continued)

How Many Calories Do I Need?

The number of calories you need depends on many **factors**. One factor is your age. When children are growing, they need more calories. Another factor is how **active** you are. People who are very active (get a lot of exercise) burn more calories. People who are a little active (get some exercise, walk) need fewer calories. People who are not very active (spend most of their time sitting) need even fewer calories. Doctors and scientists have figured out the average number of calories needed by most people according to their age and activity level. Here are some guidelines for calories a young person needs.

Males			
Ages	Not very active	Active	Very active
10–11	1,700	2,000	2,300
12–13	1,900	2,250	2,600
14–16	2,300	2,700	3,100

Females			
Ages	Not very active	Active	Very active
10–11	1,500	1,800	2,050
12–13	1,700	2,000	2,250
14–16	1,750	2,100	2,350

Where Should I Get Calories From?

It is important to get the calories your body needs from many different foods. Foods have nutrients such as proteins, fats, carbohydrates, vitamins, minerals, and fiber. Your body needs all of these nutrients, but it needs them in the right amounts to stay healthy. You can find out what foods you should eat and how much you should eat by checking out a food guide. The United States has a food guide that can help you plan what you need to eat and drink every day.

Fun Facts

- 1 donut hole has the same number of calories as 19 grapes.
- 5 snack crackers have the same number of calories as 5.75 cups (1.4 liters) of cucumber slices.
- 1 chocolate chip cookie has the same number of calories as 53 chocolate-covered raisins.
- A person weighing 150 pounds (68 kg) would have to hike for 58 minutes to burn the calories in 1 chocolate brownie.
- A person weighing 150 pounds (68 kg) would have to vacuum the house for 85 minutes to burn the calories in a 20 ounce (590 ml) bottle of cola.