How many calories should you eat each day?

You and your health care provider should decide how many calories is the right amount of food for you each day.

Your provider will give you an amount based on how active you are, what kind of work you do, if you need to lose or gain weight, your blood sugars and the medications you take.

If you do not know how many calories you need make a note to ask your healthcare provider at your next appointment.

For today's activity use the number of calories your provider has given you. If you do not have the number you can multiply your weight x 10 and that will give you an estimate of the calories you need to stay at your current weight.

Example:
If you weigh 180 pounds then 180 x 10 = 1800 calories

Find the number of calories you should eat each day at the top then look to see how many servings of carbohydrates, fats, protein and vegetables you should have each day.

Calories per day	1,500	1,800	2,000	2,500
Carbohydrates grains, starchy vegetables	7	8	9	11
fruit	3	4	4	6
milk	2	3	3	3
Vegetables (non starchy)	2	3	4	5
Protein (Meat, dry beans, eggs, cheese)	4 oz	6 oz	6 oz	8 oz
Fat	4	4	5	6