

PEDIATRIC NUTRITIONAL COMPARISON CHART

Recommended Daily Caloric Intake by Age & Activity Level

Patient Name: _____
Date of Birth: _____
Current Weight: _____
Physician: _____

Age Group	Sedentary	Moderately Active	Active
Toddlers & Preschool			
2-3 Years	1,000 kcal	1,000-1,200 kcal	1,000-1,400 kcal
School Age (Females)			
4-8 Years	1,200 kcal	1,400-1,600 kcal	1,400-1,800 kcal
9-13 Years	1,400-1,600 kcal	1,600-2,000 kcal	1,800-2,200 kcal
School Age (Males)			

Age Group	Sedentary	Moderately Active	Active
4-8 Years	1,200-1,400 kcal	1,400-1,600 kcal	1,600-2,000 kcal
9-13 Years	1,600-2,000 kcal	1,800-2,200 kcal	2,000-2,600 kcal

** Sedentary: Light physical activity associated with typical day-to-day life.*

** Active: Physical activity equivalent to walking more than 3 miles per day at 3-4 mph.*

Note: This chart is for educational purposes. Specific caloric needs should be determined by a healthcare professional based on individual growth curves and medical history.