



**DIETARY
GUIDELINES**
FOR AMERICANS
2015-2020
EIGHTH EDITION

The Appendices

18 to
64
years

- All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.
- For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity. Additional health benefits are gained by engaging in physical activity beyond this amount.
- Adults should also include muscle-strengthening activities that involve all major muscle groups on 2 or more days a week.

Physical Activity Guidelines

MALES				FEMALES ^[d]			
AGE	Sedentary ^[a]	Moderately active ^[b]	Active ^[c]	AGE	Sedentary ^[a]	Moderately active ^[b]	Active ^[c]
2	1,000	1,000	1,000	2	1,000	1,000	1,000
3	1,000	1,400	1,400	3	1,000	1,200	1,400
4	1,200	1,400	1,600	4	1,200	1,400	1,400
5	1,200	1,400	1,600	5	1,200	1,400	1,600
6	1,400	1,600	1,800	6	1,200	1,400	1,600
7	1,400	1,600	1,800	7	1,200	1,600	1,800
8	1,400	1,600	2,000	8	1,400	1,600	1,800
9	1,600	1,800	2,000	9	1,400	1,600	1,800
10	1,600	1,800	2,200	10	1,400	1,800	2,000
11	1,800	2,000	2,200	11	1,600	1,800	2,000
12	1,800	2,200	2,400	12	1,600	2,000	2,200
13	2,000	2,200	2,600	13	1,600	2,000	2,200
14	2,000	2,400	2,800	14	1,800	2,000	2,400
15	2,200	2,600	3,000	15	1,800	2,000	2,400

Calorie Needs