

Student Age	Total Daily Calories	Total Daily Fat Grams
Child 4-6	1800	60
Child 7-10	2000	67
Male 11-14	2500	83
Female 11-18	2200	73
Male 15-18	3000	100

Remember that the total daily fat grams should be divided by 3 to find out how much fat you should have per meal. An average adult should maintain a 2,000 calorie per day diet.

Chart created by Christy Carpenter from information provided by the USDA.