How many calories should a teenager have per day?

That depends on such things as health, weight, activity levels, gender, and whether you need to lose weight, maintain weight, or gain weight. A general guide would be:

1. Teenage girls to maintain weight. (For weight loss, see further down the page.)

* 1700-1800 if sedentary/not active
* 2000-2200 if moderately active
* 2300-2600 if active
* 2800-3000 if very active.

2. Teenage boys to maintain weight. (For weight loss, see further down the page.)

* 2100-2500 if sedentary/not active
* 2500-2900 if moderately active
* 2800-3400 if active
* 3300-4000 if very active.

**Calories in = Calories out**

If you eat more calories than you burn, you may gain weight. Teenagers (sometimes) need more calories than adults of the same size if still growing or very active. If you record how many calories you consume per day it is easier to determine how many calories you actually need.

Engage in regular cardio exercise or cardio activities. You may wish to talk to your doctor before making any major exercise or dietary changes.