

### Your Weight and Target Food Intake Level: U.S. Measurements

If you weigh in pounds:	Target Calorie Level
less than 150	1200
150–199	1400
200–249	1600
250–299	1800
300–349	2000
350–399	2200
more than 400	2400

### Your Weight and Target Food Intake Level: Metric Measurements

If you weigh in kilos:	Target Kilojoule Level
less than 68	5025
68–90	5860
91–112	6700
113–135	7535
136–158	8370
159–181	9210
more than 182	10050