



Current Dietary Guidelines

The *Dietary Guidelines for Americans (Dietary Guidelines), 2020 - 2025* provides advice on what to eat and drink to meet nutrient needs, promote health, and prevent disease. The current guidelines can be viewed or downloaded at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov) .

Calorie Needs for Women

Age	Calories (Sedentary)	Calories (Moderately Active)	Calories (Active)
21-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,800	2,000	2,200
51-60	1,600	1,800	2,200
61 & up	1,600	1,800	2,000

Source: Dietary Guidelines for Americans 2020-2025, Office of Disease Prevention and Health Promotion).

Calorie Needs for Men

Age	Calories (Sedentary)	Calories (Moderately Active)	Calories (Active)
21-25	2,400	2,800	3,000
26-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-75	2,000	2,200	2,600
76 & up	2,000	2,200	2,400

Source: Dietary Guidelines for Americans 2020-2025, Office of Disease Prevention and Health Promotion).

How much water do you need?

Every day you lose water through your breath, perspiration, urine and bowel movements. For your body to function properly, you must replenish its water supply by consuming beverages and foods that contain water.

So how much fluid does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- About 15.5 cups (3.7 liters) of fluids a day for men
- About 11.5 cups (2.7 liters) of fluids a day for women

These recommendations cover fluids from water, other beverages, and food. About 20% of daily fluid intake usually comes from food and the rest from drinks.