

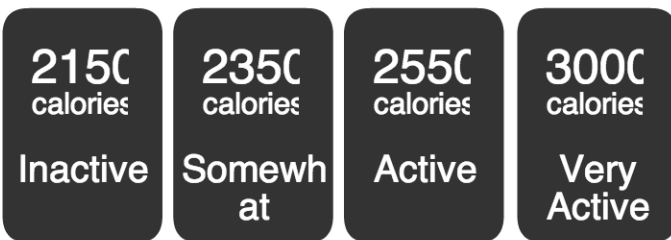
# Calorie calculator

Your estimated daily calorie needs (rounded to the nearest 50 calories) are:

**2550 calories**

## See how your daily calorie needs change if you alter your activity level:

People judge the intensity of their activities differently. And activity levels can change over time. So think of your calorie estimate as a starting point and adjust it up or down as you alter your activity level.



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By Mayo Clinic Staff

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