

Bodyweight (kg)	Underweight	Normal	Overweight	Very active
2	120	100	80	130
4	190	160	140	220
6	260	220	190	300
8	330	270	230	370
10	390	320	270	440
15	520	440	370	590
20	650	540	460	730
30	880	730	620	990
40	1090	910	770	1230
50	1290	1080	920	1450
60	1480	1240	1050	1670
75	1750	1460	1240	1970