

Bodyweight (kg)	Underweight	Normal	Overweight	Very active
2	110	90	80	120
4	190	160	130	210
6	250	210	180	280
8	310	260	220	350
10	370	310	260	420
15	500	420	360	570
20	620	520	440	700
30	850	710	600	950
40	1050	880	740	1180
50	1240	1040	880	1400
60	1420	1190	1010	1600
75	1680	1400	1190	1890