

Height In Inches			If Your Frame Is		
MALE	FEMALE		SMALL	MEDIUM	LARGE
	59-60	Pounds Calories	97 1200	105 1300	115 1400
	61-62	Pounds Calories	104 1300	111 1400	121 1500
	63-64	Pounds Calories	110 1400	118 1500	128 1600
62-63	65-66	Pounds Calories	117 1500	126 1550	136 1700
64-65	67-68	Pounds Calories	124 1550	133 1650	143 1750
66-67	69-70	Pounds Calories	133 1650	141 1750	157 1900
68-69	71-72	Pounds Calories	141 1750	149 1850	161 2000
70-71		Pounds Calories	147 1850	160 1950	167 2050
72-73		Pounds Calories	155 1900	164 2000	176 2150
74-75		Pounds Calories	163 2000	173 2100	186 2250
76		Pounds Calories	169 2100	181 2200	193 2350

All Figures are rounded and have an approximate range of +/- 10%.  
Adapted from: Recommended Daily Allowances, National Research Council, National Academy Press, Washington DC, 1996.

Build and Blood pressure Study, Society of Actuaries.