|  |  |
| --- | --- |
| **Leeftijd** | **Caloriebehoefte per dag  in kcal per kilogram lichaamsgewicht**  |
|   |   |
| **Tot 6 maanden** | **120** |
| **6- 12  maanden** | **100** |
| **1-3 jaar** | **90-95** |
| **4-10 jaar** | **80** |
| **> 10 jaar jongens** | **45** |
| **> 10 jaar meisjes** | **38** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ik weeg: | Som: | Uitrekenen: | Optellen:  | Caloriebehoefte |
| 25 kilo | 25x80= | 20x80=16005x80=400 | 1600+400=2000 | 2000 kcal |
| 26 kilo | 26x80= | 20x80=16006x80=480 | 1600+480=2080 | 2080 kcal |
| 27 kilo | 27x80= | 20x80=16007x80=560 | 1600+560=2160 | 2160 kcal |
| 28 kilo | 28x80= | 20x80=16008x80=640 | 1600+640=2240 | 2240 kcal |
| 29 kilo | 29x80= | 20x80=16009x80=720 | 1600+720=2320 | 2320 kcal |
| 30 kilo | 30x80= | 30x80=2400 | 2400 | 2400 kcal |
| 31 kilo | 31x80= | 30x80=24001x80=80 | 2400+80=2480 | 2480 kcal |
| 32 kilo | 32x80= | 30x80=24002x80=160 | 2400+160=2560 | 2560 kcal |
| 33 kilo | 33x80= | 30x80=24003x80=240 | 2400+240=2640 | 2640 kcal |
| 34 kilo | 34x80= | 30x80=24004x80=320 | 2400+320=2720 | 2720 kcal |
| 35 kilo | 35x80= | 30x80=24005x80=400 | 2400+400=2800 | 2800 kcal |