

Worksheet 16.1
Determining Your Family Population Equivalent

Category	Age of Person	Number of Persons in the Category	Population Equivalent % of 2,600 Calories Required	Population Equivalent Totals
Infants	0-1	_____	x 0.35	=
Children	1-3	_____	x 0.52	=
	4-8	_____	x 0.81	=
	9-13	_____	x 1.04	=
Males	14-18	_____	x 1.25	=
	19-30	_____	x 1.33	=
	31-50	_____	x 1.23	=
	51+	_____	x 1.15	=
	9-13	_____	x 0.98	=
Females	14-18	_____	x 0.94	=
	19-30	_____	x 0.88	=
	31-50	_____	x 0.85	=
	51+	_____	x 0.83	=
	Total Population Equivalent			