

**Nutritional goals for each age/GENDER group used in assessing the adequacy
of USDA Food Patterns at various calorie levels**

AGE GROUP 4 to 8 GENDER FEMALE

Recommended dietary allowance (RDA): Suggested Calories : 1200 kcal. Macronutrients : Protein 19 g, Carbohydrates 130 g, Fiber 16.8 g. Minerals : Calcium 1000 mg, Iron 10 mg, Magnesium 130 mg, Phosphorus 500 mg, Potassium 3800 mg, Sodium 1900 mg, Zinc 5 mg, Copper 0.44 mg, Manganese 1.5 mg, Selenium 30 mg. Vitamins : Vitamin A 400 mg RAE, Vitamin E 7 mg AT, Vitamin D 600 IU, Vitamin C 25 mg, Thiamin 0.6 mg, Riboflavin 0.6 mg, Niacin 8 mg, Vitamin B6 0.6 mg, Vitamin B12 1.2 mg, Choline 250 mg, Vitamin K 55 mg, Folate 200 mg DFE..

AGE GROUP 4 to 8 GENDER MALE

Recommended dietary allowance (RDA): Suggested Calories : 1400 : 1600 kcal. Macronutrients : Protein 19 g, Carbohydrates 130 g, Fiber 16.8 g. Minerals : Calcium 1000 mg, Iron 10 mg, Magnesium 130 mg, Phosphorus 500 mg, Potassium 3800 mg, Sodium 1900 mg, Zinc 5 mg, Copper 0.44 mg, Manganese 1.5 mg, Selenium 30 mg. Vitamins : Vitamin A 400 mg RAE, Vitamin E 7 mg AT, Vitamin D 600 IU, Vitamin C 25 mg, Thiamin 0.6 mg, Riboflavin 0.6 mg, Niacin 8 mg, Vitamin B6 0.6 mg, Vitamin B12 1.2 mg, Choline 250 mg, Vitamin K 55 mg, Folate 200 mg DFE.

AGE GROUP 9 to 13 GENDER FEMALE

Recommended dietary allowance (RDA): Suggested Calories : 1600 kcal. Macronutrients : Protein 34 g, Percent of Calories from Protein 10-30%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 22.4 g, Dietary Fiber 14g/1000kcal, Percent of Calories from Fat 25-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 10 g, Linolenic Acid 1 g. Minerals : Calcium 1300 mg, Iron 8 mg, Magnesium 240 mg, Phosphorus 1250 mg, Potassium 4500 mg, Sodium 2200 mg, Zinc 8 mg, Copper 0.7 mg, Manganese 1.6 mg, Selenium 40 mg. Vitamins : Vitamin A 600 mg RAE, Vitamin E 11 mg AT, Vitamin D 600 IU Vitamin C 45 mg, Thiamin 0.9 mg, Riboflavin 0.9 mg, Niacin 12 mg, Vitamin B6 1 mg , Vitamin B12 1.8 mg, Choline 375 mg, Vitamin K 60 mg, Folate 300 mg DFE.

AGE GROUP 9 to 13 GENDER MALE

Recommended dietary allowance (RDA): Suggested Calories: 1800 kcal. Macronutrients: Protein 34 g, Percent of Calories from Protein 10-30%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 25.2 g (14g/1000kcal), Percent of Calories from Fat 25-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 12 g, Linolenic Acid 1.2 g. Minerals : Calcium 1300 mg, Iron 8 mg, Magnesium 240 mg, Phosphorus 1250 mg, Potassium 4500 mg, Sodium 2200 mg, Zinc 8 mg, Copper 0.7 mg, Manganese 1.6 mg, Selenium 40 mg. Vitamins : Vitamin A 600 mg RAE, Vitamin E 11 mg AT, Vitamin D 600 IU, Vitamin C 45 mg, Thiamin 0.9 mg, Riboflavin 0.9 mg, Niacin 12 mg, Vitamin B6 1 mg, Vitamin B12 1.8 mg, Choline 375 mg, Vitamin K 60 mg, Folate 300 mg DFE.

AGE GROUP 14 to 18 GENDER FEMALE

Recommended dietary allowance (RDA): Suggested Calories 1800 kcal. Macronutrients : Protein 46 g, Percent of Calories from Protein 10-30%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 25.2 g (14g/1000kcal), Percent of Calories from Fat 25-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 11 g, Linolenic Acid 1.1 g. Minerals : Calcium 1300 mg, Iron 15 mg, Magnesium 360 mg, Phosphorus 1250 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 9 mg, Copper 0.89 mg, Manganese 1.6 mg, Selenium 55 mg. Vitamins : Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 45 mg, Thiamin 1 mg , Riboflavin 1 mg, Niacin 14 mg, Vitamin B6 1.2 mg, Vitamin B12 2.4 mg, Choline 400 mg , Vitamin K 75 mg, Folate 400 mg DFE.

AGE GROUP 14 to 18 GENDER MALE

Recommended dietary allowance (RDA): Suggested Calories: 2200-3200 kcal. Macronutrients: Protein 46 g, Percent of Calories from Protein 10-30%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 30.8 g (14g/1000kcal), Percent of Calories from Fat 25-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 16 g, Linolenic Acid 1.6 g. Minerals : Calcium 1300 mg, Iron 11 mg, Magnesium 410 mg, Phosphorus 1250 mg , Potassium 4700 mg, Sodium 2300 mg, Zinc 11 mg, Copper 0.89 mg, Manganese 2.2 mg, Selenium 55 mg. Vitamins: Vitamin A 900 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 75 mg, Folate 400 mg DFE.

AGE GROUP 19 to 30 GENDER FEMALE

Recommended dietary allowance (RDA): Suggested Calories: 2000 kcal. Macronutrients : Protein 46 g, Percent of Calories from Protein 10-35%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 28 g (14g/1000kcal), Percent of Calories from Fat 20-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 12 g, Linolenic Acid 1.1 g. Minerals : Calcium 1000 mg, Iron 18 mg, Magnesium 310 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 8 mg, Copper 0.9 mg, Manganese 1.8 mg, Selenium 55 mg. Vitamins : Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.1 mg, Riboflavin 1.1 mg, Niacin 14 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 425 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 19 to 30 GENDER MALE

Recommended dietary allowance (RDA): Suggested Calories: 2400-3000 kcal. Macronutrients: Protein 56 g, Percent of Calories from Protein 10-35%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 33.6 g, Percent of Calories from Fat 20-35%, Percent of Calories from Saturated Fat 10%, Linoleic acid 17 g, Linolenic acid 1.6 g. Minerals: Calcium 1000 mg, Iron 8 mg, Magnesium 400 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 11 mg, Copper 0.9 mg, Manganese 2.3 mg, Selenium 55 mg. Vitamins : Vitamin A 900 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 90 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 120 mg, Folate 400 mg DFE.

AGE GROUP 31 to 50 GENDER FEMALE

Recommended dietary allowance (RDA): Suggested Calories : 1800 kcal. Macronutrients: Protein 46 g, Percent of Calories from Protein 10-35%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 25.2 g (14g/1000kcal), Percent of Calories from Fat 20-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 12 g, Linolenic Acid 1.1 g. Minerals : Calcium 1000 mg, Iron 18 mg, Magnesium 320 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium 2300, Zinc 8 mg, Copper 0.9 mg, Manganese 1.8 mg, Selenium 55 mg. Vitamins : Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.1 mg, Riboflavin 1.1 mg, Niacin 14 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 425 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 31 to 50 GENDER MALE

Recommended dietary allowance (RDA): Suggested Calories: 2200 kcal. Macronutrients: Protein 56 g, Percent of Calories from Protein 10-35%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 30.8 g (14g/1000kcal), Percent of Calories from Fat 20-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 17 g, Linolenic Acid 1.6 g. Minerals: Calcium 1000 mg, Iron 8 mg, Magnesium 420 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 11 mg, Copper 0.9 mg, Manganese 2.3 mg, Selenium 55 mg. Vitamins: Vitamin A 900 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 90 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.3 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 75 mg, Folate 400 mg DFE.

AGE GROUP 51+ GENDER FEMALE

Recommended dietary allowance (RDA): Suggested Calories: 1600 kcal. Macronutrients: Protein 46 g, Percent of Calories from Protein 10-35%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fibre 22.4 g (14g/1000kcal), Percent of Calories from Fat 20-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 11 g, Linolenic Acid 1.1 g. Minerals: Calcium 1200 mg, Iron 8 mg, Magnesium 320 mg, Phosphorus 700 mg, Potassium 4700 mg, Sodium 2300 mg, Zinc 8 mg, Copper 0.9 mg, Manganese 1.8 mg, Selenium 55 mg. Vitamins: Vitamin A 700 mg RAE, Vitamin E 15 mg AT, Vitamin D 600 IU, Vitamin C 75 mg, Thiamin 1.1 mg, Riboflavin 1.1 mg, Niacin 14 mg, Vitamin B6 1.5 mg, Vitamin B12 2.4 mg, Choline 425 mg, Vitamin K 90 mg, Folate 400 mg DFE.

AGE GROUP 51+ GENDER MALE

Recommended dietary allowance (RDA): Suggested Calories: 2000 kcal. Macronutrients: Protein 56 g, Percent of Calories from Protein 10-35%, Carbohydrates 130 g, Percent of Calories from Carbohydrates 45-65%, Fiber 28g [14g/1000kcal], Percent of Calories from Fat 20-35%, Percent of Calories from Saturated Fat 10%, Linoleic Acid 14 g, Linolenic Acid 1.6 g. Minerals: Calcium 1200 mg, Iron 8 mg, Magnesium 420 mg, Phosphorus 700 mg, Potassium 4700 mg , Sodium 2300 mg, Zinc 11 mg, Copper 0.9 mg, Manganese 2.3 mg, Selenium 55 mg. Vitamins: Vitamin A 900 mg RAE, Vitamin E 15 mg, Vitamin D 600 IU, Vitamin C 90 mg, Thiamin 1.2 mg, Riboflavin 1.3 mg, Niacin 16 mg, Vitamin B6 1.7 mg, Vitamin B12 2.4 mg, Choline 550 mg, Vitamin K 120 mg, Folate 400 mg.