

2015-2020 Dietary Guidelines

Appendix 7. Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and *Dietary Guidelines* Recommendations

Table A7-1.

Daily Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes and *Dietary Guidelines* Recommendations

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	Female 14-18	Male 14-18	Female 19-30	Male 19-30	Female 31-50	Male 31-50	Female 51+	Male 51+
Calorie level(s) assessed	1,800	2,200, 2,800, 3,200	2,000	2,400, 2,600, 3,000	1,800	2,200	1,600	2,000
Macronutrients								
Protein, g	46	52	46	56	46	56	46	56
Protein, % kcal	10-30	10-30	10-35	10-35	10-35	10-35	10-35	10-35
Carbohydrate, g	130	130	130	130	130	130	130	130

	Female 14-18	Male 14-18	Female 19-30	Male 19-30	Female 31-50	Male 31-50	Female 51+	Male 51+
Carbohydrate, % kcal	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65
Dietary fiber, g	25.2	30.8	28	33.6	25.2	30.8	22.4	28
Added sugars, % kcal	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Total fat, % kcal	25-35	25-35	20-35	20-35	20-35	20-35	20-35	20-35
Saturated fat, % kcal	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Linoleic acid, g	11	16	12	17	12	17	11	14
Linolenic acid, g	1.1	1.6	1.1	1.6	1.1	1.6	1.1	1.6
Minerals								
Calcium, mg	1,300	1,300	1,000	1,000	1,000	1,000	1,200	1,000 ^b
Iron, mg	15	11	18	8	18	8	8	8
Magnesium, mg	360	410	310	400	320	420	320	420
Phosphorus, mg	1,250	1,250	700	700	700	700	700	700
Potassium, mg	4,700	4,700	4,700	4,700	4,700	4,700	4,700	4,700
Sodium, mg	2,300	2,300	2,300	2,300	2,300	2,300	2,300	2,300
Zinc, mg	9	11	8	11	8	11	8	11
Copper, mcg	890	890	900	900	900	900	900	900
Manganese, mg	1.6	2.2	1.8	2.3	1.8	2.3	1.8	2.3
Selenium, mcg	55	55	55	55	55	55	55	55
Vitamins								

	Female 14-18	Male 14-18	Female 19-30	Male 19-30	Female 31-50	Male 31-50	Female 51+	Male 51+
Vitamin A, mcg RAE	700	900	700	900	700	900	700	900
Vitamin E, mg AT	15	15	15	15	15	15	15	15
Vitamin D, IU	600	600	600	600	600	600	600 ^c	600 ^c
Vitamin C, mg	65	75	75	90	75	90	75	90
Thiamin, mg	1	1.2	1.1	1.2	1.1	1.2	1.1	1.2
Riboflavin, mg	1	1.3	1.1	1.3	1.1	1.3	1.1	1.3
Niacin, mg	14	16	14	16	14	16	14	16
Vitamin B ₆ , mg	1.2	1.3	1.3	1.3	1.3	1.3	1.5	1.7
Vitamin B ₁₂ , mcg	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Choline, mg	400	550	425	550	425	550	425	550
Vitamin K, mcg	75	75	90	120	90	120	90	120
Folate, mcg DFE	400	400	400	400	400	400	400	400

^a RDA = Recommended Dietary Allowance, AI = Adequate Intake, UL = Tolerable Upper Intake Level, AMDR = Acceptable Macronutrient Distribution Range, DGA = *2015-2020 Dietary Guidelines* recommended limit; 14 g fiber per 1,000 kcal = basis for AI for fiber.

^b Calcium RDA for males ages 71+ years is 1,200 mg.

^c Vitamin D RDA for males and females ages 71+ years is 800 IU.

Notes

Source: Institute of Medicine. Dietary Reference Intakes: The essential guide to nutrient requirements. Washington (DC): The National Academies Press; 2006.

Source: Institute of Medicine. Dietary Reference Intakes for Calcium and Vitamin D. Washington (DC): The National Academies Press; 2010.