

ADECUACION DEL CONSUMO POR EDAD Y SEXO

VARONES

Recomendaciones de macronutrientes.

EDAD	Kcal. Min	Kcal. Max	H deC Min	H deC max	Prot.Min	Prot.Max	Grasas Min	Grasas Max	AGSat Max	AGPoli Min
15-18	2100	3900	262.50	585.00	52.50	146.25	58.33	130.00	43.33	16.33
19 - 22	2500	3300	312.50	495.00	62.50	123.75	69.44	110.00	36.67	19.44
23 - 50	2300	3100	287.50	465.00	57.50	116.25	63.89	103.33	34.44	17.89
51-75	2000	2800	250.00	420.00	50.00	105.00	55.56	93.33	31.11	15.56
76 +	1650	2450	206.25	367.50	41.25	91.88	45.83	81.67	27.22	12.83

Kcal: Kilocalorías; H de C: Hidratos de Carbono; Prot: Proteínas; AGSat: Ácidos Grasos Saturados; AGPoli: Ácidos Grasos Poliinsaturados; AGMono: Ácidos Grasos Monoinsaturados.

EDAD	AGPoli Max	AGMono Min	AGMono Max	Colesterol	Fibra	Alcohol
15-18	43.33	23.33	65.00	300 mg/d	25 a 30 g/d	250 ml
19 - 22	36.67	27.78	55.00	300 mg/d	25 a 30 g/d	250 ml
23 - 50	34.44	25.56	51.67	300 mg/d	25 a 30 g/d	250 ml
51-75	31.11	22.22	46.67	300 mg/d	25 a 30 g/d	250 ml
76 +	27.22	18.33	40.83	300 mg/d	25 a 30 g/d	250 ml

MUJERES

EDAD	Kcal. Min	Kcal. Max	H deC Min	H deC max	Prot.Min	Prot.Max	Grasas Min	Grasas Max	AGSat Max	AGPoli Min
15-18	1200	3000	150.00	450.00	30.00	112.50	33.33	100.00	33.33	9.33
19-22	1700	2500	212.50	375.00	42.50	93.75	47.22	83.33	27.78	13.22
23-50	1800	2400	225.00	360.00	45.00	90.00	50.00	80.00	26.67	14.00
51-75	1400	2200	175.00	330.00	35.00	82.50	38.89	73.33	24.44	10.89
76 +	1200	2000	150.00	300.00	30.00	75.00	33.33	66.67	22.22	9.33

EDAD	AGPoliMax	AGMonoMin	AGMonoMax	Colesterol	Fibra	Alcohol
15-18	33.33	13.33	50.00	300 mg/d	25 a 30 g/d	250 ml
19-22	27.78	18.89	41.67	300 mg/d	25 a 30 g/d	250 ml
23-50	26.67	20.00	40.00	300 mg/d	25 a 30 g/d	250 ml
51-75	24.44	15.56	36.67	300 mg/d	25 a 30 g/d	250 ml
76 +	22.22	13.33	33.33	300 mg/d	25 a 30 g/d	250 ml

Recomendaciones de micronutrientes para la población argentina

Agua	2000 ml/mujeres
	2500 ml/varones
Hierro	18 mg/d
Zinc	8 mg/d
Calcio	1000 mg
Sodio	1,5 g
Potasio	4,7 g
Cromo	25 µg
Cobre	900 µg
Manganeso	1,8 mg
Selenio	55 µg
Vitamina C	75 mg
Ácido Fólico	400 µg
Vitamina A	700 µg
Vitamina B1 Tiamina	1,1 mg
Vitamina B2 Riboflavina	1,1 mg
Vitamina B3 Niacina	14 mg/d
Vitamina B6	1,3 mg/d
Vitamina B12	2,4 µg/d
Vitamina D	15 µg/d
Vitamina E	15 mg/d