

# Appendix 7.

## Nutritional Goals for Age-Sex Groups Based on Dietary Reference Intakes & *Dietary Guidelines* Recommendations

Table A7-1.

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

	Source of Goal <sup>[a]</sup>	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	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		1,000	1,200	1,400, 1,600	1,600	1,800	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	RDA	13	19	19	34	34	46	52	46	56	46	56	46	56
Protein, % kcal	AMDR	5-20	10-30	10-30	10-30	10-30	10-30	10-30	10-35	10-35	10-35	10-35	10-35	10-35
Carbohydrate, g	RDA	130	130	130	130	130	130	130	130	130	130	130	130	130
Carbohydrate, % kcal	AMDR	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65	45-65
Dietary Fiber, g	14 g/1,000 kcal	14	16.8	19.6	22.4	25.2	25.2	30.8	28	33.6	25.2	30.8	22.4	28
Added Sugars, % kcal	DGA	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Total Fat, % kcal	AMDR	30-40	25-35	25-35	25-35	25-35	25-35	25-35	20-35	20-35	20-35	20-35	20-35	20-35
Saturated Fat, % kcal	DGA	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%	<10%
Linoleic Acid, g	AI	7	10	10	10	12	11	16	12	17	12	17	11	14
Linolenic Acid, g	AI	0.7	0.9	0.9	1	1.2	1.1	1.6	1.1	1.6	1.1	1.6	1.1	1.6

	Source of Goal <sup>[a]</sup>	Child 1-3	Female 4-8	Male 4-8	Female 9-13	Male 9-13	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		1,000	1,200	1,400, 1,600	1,600	1,800	1,800	2,200, 2,800, 3,200	2,000	2,400, 2,600, 3,000	1,800	2,200	1,600	2,000
Minerals														
Calcium, mg	RDA	700	1,000	1,000	1,300	1,300	1,300	1,300	1,000	1,000	1,000	1,000	1,200	1,000 <sup>[b]</sup>
Iron, mg	RDA	7	10	10	8	8	15	11	18	8	18	8	8	8
Magnesium, mg	RDA	80	130	130	240	240	360	410	310	400	320	420	320	420
Phosphorus, mg	RDA	460	500	500	1,250	1,250	1,250	1,250	700	700	700	700	700	700
Potassium, mg	AI	3,000	3,800	3,800	4,500	4,500	4,700	4,700	4,700	4,700	4,700	4,700	4,700	4,700
Sodium, mg	UL	1,500	1,900	1,900	2,200	2,200	2,300	2,300	2,300	2,300	2,300	2,300	2,300	2,300
Zinc, mg	RDA	3	5	5	8	8	9	11	8	11	8	11	8	11
Copper, mcg	RDA	340	440	440	700	700	890	890	900	900	900	900	900	900
Manganese, mg	AI	1.2	1.5	1.5	1.6	1.9	1.6	2.2	1.8	2.3	1.8	2.3	1.8	2.3
Selenium, mcg	RDA	20	30	30	40	40	55	55	55	55	55	55	55	55
Vitamins														
Vitamin A, mg RAE	RDA	300	400	400	600	600	700	900	700	900	700	900	700	900
Vitamin E, mg AT	RDA	6	7	7	11	11	15	15	15	15	15	15	15	15
Vitamin D, IU	RDA	600	600	600	600	600	600	600	600	600	600	600	600 <sup>[c]</sup>	600 <sup>[c]</sup>
Vitamin C, mg	RDA	15	25	25	45	45	65	75	75	90	75	90	75	90
Thiamin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.2	1.1	1.2	1.1	1.2	1.1	1.2
Riboflavin, mg	RDA	0.5	0.6	0.6	0.9	0.9	1	1.3	1.1	1.3	1.1	1.3	1.1	1.3
Niacin, mg	RDA	6	8	8	12	12	14	16	14	16	14	16	14	16
Vitamin B <sub>6</sub> , mg	RDA	0.5	0.6	0.6	1	1	1.2	1.3	1.3	1.3	1.3	1.3	1.5	1.7
Vitamin B <sub>12</sub> , mcg	RDA	0.9	1.2	1.2	1.8	1.8	2.4	2.4	2.4	2.4	2.4	2.4	2.4	2.4
Choline, mg	AI	200	250	250	375	375	400	550	425	550	425	550	425	550
Vitamin K, mcg	AI	30	55	55	60	60	75	75	90	120	90	120	90	120
Folate, mcg DFE	RDA	150	200	200	300	300	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.

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

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