## Macronutrient Infants Children Women (lactating) Men Women Women (pregnant) 200 Carbohydrate 150 100 31.00 30.75 30.50 30.25 30.00 15 Linoleic acid 12 9 6 60 Protein 40 20 35 Total fiber 30 25 20 3 Total water 2 1 1.6 ..-Linolenic acid 1.2 8.0

Daily recommended intake (DRI)

0-6 mo -

6-12 mo -

4-8 yr

1-3 yr

9-13 yr

14-18 yr

19-30 yr

14-18 yr

19-30 yr -

31-50 yr -

14-18 yr

19-30 yr

31-50 yr

14-18 yr

9-13 yr

19-30 yr

31-50 yr

51-70 yr

>70 yr

31-50 yr -

51-70 yr -

>70 yr -