Global food systems will need to increase production to meet the increasing food and nutrition requirements of this growing population. We estimate the volume of nutrients required to ensure a healthy diet for this growing population using projections of population growth by age-sex group ([UN-DESA, 2019](https://population.un.org/wpp/Publications/Files/WPP2019_Highlights.pdf)) and Estimated Average Requirements (EARs) for 8 nutrients using the EAR cutpoint method ([National Academy, 2000](https://www.nap.edu/read/9956/chapter/1)). We also illustrate the current nutrition deficiencies in terms of the prevalence in each age-sex group experiencing a deficiency.