

Constraint data

Nutrient	Recommended	18-25_male_sedentary	18-25_male_moderately_active	18-25_male_active
Energy (Kcal)	Larger than	2500	2600	3000
Protein (g)	Larger than	46	60	130
Total fat	Less than	90	100	120
Saturated fat	Less than	33	35	37
Fiber (g)	Larger than	33	35	40
Carbohydrate (g)	Larger than	140	150	160
Cholesterol	Less than	270	280	320
Sodium	Less than	2200	2500	2600
sugar	less than	64.65	67.24	77.58

Nutrient	Recommended	26-30_male_sedentary	26-30_male_moderately_active	26-30_male_active
Energy (Kcal)	Larger than	2500	2400	3100
Protein (g)	Larger than	51	56	127
Total fat	Less than	85	90	90
Saturated fat	Less than	30	30	30
Fiber (g)	Larger than	30	33	33
Carbohydrate (g)	Larger than	135	130	230
Cholesterol	Less than	270	300	300
Sodium	Less than	2300	2400	2400
sugar	less than	64.65	62.06	80.17

Nutrient	Recommended	18-25_female_sedentary	18-25_female_moderately_active	18-25_female_active
Energy (Kcal)	Larger than	1600	2000	2600
Protein (g)	Larger than	44	50	115
Total fat	Less than	64	75	77
Saturated fat	Less than	20	25	28
Fiber (g)	Larger than	23	30	29
Carbohydrate (g)	Larger than	120	140	250
Cholesterol	Less than	250	280	310
Sodium	Less than	2200	2500	2500
sugar	less than	41.38	51.72	67.24

Nutrient	Recommended	26-30_female_sedentary	26-30_female_moderately_active	26-30_female_active
Energy (Kcal)	Larger than	1700	1800	2400
Protein (g)	Larger than	42	46	109
Total fat	Less than	62	69	69
Saturated fat	Less than	20	23	23
Fiber (g)	Larger than	23	28	28
Carbohydrate (g)	Larger than	125	130	244
Cholesterol	Less than	270	300	300

Sodium	Less than	2400	2400	2400
sugar	less than	43.96	46.55	62.06

Nutrient	Recommended	over_30_male_sedentary	over_30_male_moderately_active	over_30_male_active
Energy (Kcal)	Larger than	2200	2400	2700
Protein (g)	Larger than	45	56	130
Total fat	Less than	65	70	80
Saturated fat	Less than	33	36	37
Fiber (g)	Larger than	29	30.8	35
Carbohydrate (g)	Larger than	110	130	240
Cholesterol	Less than	280	300	320
Sodium	Less than	2300	2400	2500
sugar	less than	56.89	62.06	69.82

Nutrient	Recommended	over_30_female_sedentary	over_30_female_moderately_active	over_30_female_active
Energy (Kcal)	Larger than	1600	1800	2200
Protein (g)	Larger than	44	46	100
Total fat	Less than	56	66	77
Saturated fat	Less than	20	22	24
Fiber (g)	Larger than	24	25.2	27
Carbohydrate (g)	Larger than	100	130	170
Cholesterol	Less than	270	290	300
Sodium	Less than	2200	2300	2400
sugar	less than	41.38	46.55	56.89