**IBDPal Nutrition Daily Baseline Requirements**

**Macronutrients**

| **Nutrient** | **Daily Baseline** | **Calculation** | **Source** |
| --- | --- | --- | --- |
| **Calories** | 30 kcal/kg body weight | Weight × 30 | AGA Guidelines 2024 |
| **Protein** | 1.5-2.0 g/kg body weight | Weight × 1.5-2.0 | Crohn's & Colitis Congress 2024 |
| **Fiber** | 10-25 g/day | Symptom-adjustable | AGA Guidelines 2024 |
| **Hydration** | 2000-3000 ml/day | Activity-dependent | WebMD IBD Research |

**Micronutrients**

| **Nutrient** | **Daily Baseline** | **vs RDA** | **Source** |
| --- | --- | --- | --- |
| **Vitamin D** | 2000-3000 IU | **3-5x higher** | AGA Guidelines 2024 |
| **Vitamin B12** | 1000 mcg | **400x higher** | Crohn's & Colitis Congress 2024 |
| **Iron** | 30-45 mg | **2-3x higher** | WebMD IBD Research |
| **Folate** | 600 mcg | **1.5x higher** | AGA Guidelines 2024 |
| **Calcium** | 1200-1500 mg | **Age-adjusted** | Institute of Medicine |
| **Zinc** | 15 mg | **1.4x higher** | AGA Guidelines 2024 |
| **Omega-3** | 2.0 g | **1.8x higher** | Crohn's & Colitis Congress 2024 |

**Multipliers**

| **Factor** | **Multiplier** | **Application** |
| --- | --- | --- |
| **Disease Activity** | 1.0x - 1.5x | Remission → Severe |
| **Disease Type** | 1.05x - 1.2x | IBS → Crohn's |
| **Age** | 0.8x - 1.2x | Pediatric → Geriatric |

**Key Research Findings**

* **70%** of IBD patients have micronutrient deficiencies
* **40-60%** malabsorption rate in IBD
* **Evidence-based** requirements vs general population RDA

**RESEARCH SOURCES**

1. AGA Clinical Practice Update (2024): https://gastro.org/clinical-guidance/diet-and-nutritional-therapies-in-patients-with-ibd/
2. Crohn's & Colitis Congress (2024): https://www.nutritionaltherapyforibd.org/news/crohns-colitis-congress-2024-updates-on-ibd-diet-nutrition-research
3. WebMD IBD Research: https://www.webmd.com/ibd-crohns-disease/crohns-disease/micronutrient-deficiency-crohns
4. Institute of Medicine: https://www.nationalacademies.org/our-work/summary-report-of-the-dietary-reference-intakes