How to align mappings in two columns?

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How to align these two columns and the mapping inside each column?

units \rightarrow age(x days old)	inbound date \rightarrow units
$10 \rightarrow 10$	$2019\text{-}06\text{-}21 \rightarrow 10$
$30 \rightarrow 15$	$2019\text{-}06\text{-}16 \rightarrow 30$
$60 \rightarrow 90$	$2019-04-02 \to 60$

Here is one unsuccessful experiment.

	inbound date $\rightarrow units$
$units \rightarrow age in days$	$2019\text{-}06\text{-}21 \rightarrow 10$
$10 \rightarrow 10$	$2019\text{-}06\text{-}16 \rightarrow 30$
$30 \rightarrow 15$	$2019\text{-}04\text{-}02 \to 60$
$60 \rightarrow 90$	

Here is another unsuccessful experiment.

$$units \rightarrow age(x days old) inbound date \rightarrow units$$

 $10 \rightarrow 102019-06-21 \rightarrow 10$
 $30 \rightarrow 15019-06-16 \rightarrow 30$
 $60 \rightarrow 902019-04-02 \rightarrow 60$