

# Daily Nutritional Needs

## Women: 100-125 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	37 - 46 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	8-9 cups
Vegetables	2.5 cups
Fruits	1.5-2 cups

## Women: 125-150 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	46 - 55 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	9-10 cups
Vegetables	2.5 cups
Fruits	1.5-2 cups

# Daily Nutritional Needs

## Women: 150-175 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	55 - 64 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	10-11 cups
Vegetables	2.5 cups
Fruits	1.5 cups

## Women: 175-200 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	64 - 74 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	11-12 cups
Vegetables	2.5 cups
Fruits	1.5 cups

# Daily Nutritional Needs

## Women: 200-225 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	74 - 83 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	12.5-13.5 cups
Vegetables	2.5 cups
Fruits	1.5 cups

## Women: 225-250 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	83 - 92 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	14-15 cups
Vegetables	2.5 cups
Fruits	1.5 cups

# Daily Nutritional Needs

## Women: 250-275 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	92 - 101 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	15 cups
Vegetables	2.5 cups
Fruits	1.5 cups

## Women: 275-300 Pounds

Calories: Ages 31-50	1800
Ages 51 and over	1600
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	50 g
Dietary Fiber	25 g
Sugars	25 g
Protein	101 - 111 g
Vitamin A	700 mcg
Vitamin C	75 mg
Calcium	1,000 mg
Iron	18 mg
Water	15 cups
Vegetables	2.5 cups
Fruits	1.5 cups

# Daily Nutritional Needs

## Men: 150-175 Pounds

Calories: Ages 31-50	2200
Ages 51 and over	2000
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	72 g
Dietary Fiber	35 g
Sugars	37 g
Protein	55 - 64 g
Vitamin A	900 mcg
Vitamin C	90 mg
Calcium	1,000 mg
Iron	8 mg
Water	10-11 cups
Vegetables	3 cups
Fruits	2 cups

## Men: 175-200 Pounds

Calories: Ages 31-50	2200
Ages 51 and over	2000
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	72 g
Dietary Fiber	35 g
Sugars	37 g
Protein	64 - 74 g
Vitamin A	900 mcg
Vitamin C	90 mg
Calcium	1,000 mg
Iron	8 mg
Water	11-12 cups
Vegetables	3 cups
Fruits	2 cups

# Daily Nutritional Needs

## Men: 200-225 Pounds

Calories: Ages 31-50	2200
Ages 51 and over	2000
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	72 g
Dietary Fiber	35 g
Sugars	37 g
Protein	74 - 83 g
Vitamin A	900 mcg
Vitamin C	90 mg
Calcium	1,000 mg
Iron	8 mg
Water	12.5-13.5 cups
Vegetables	3 cups
Fruits	2 cups

## Men: 225-250 Pounds

Calories: Ages 31-50	2200
Ages 51 and over	2000
Fat	56-70 g
Saturated Fat	less than 16 g
Trans Fat	less than 2 g
Unsaturated Fat	
Cholesterol	less than 300 mg
Sodium	less than 500 mg
Total Carbohydrate	72 g
Dietary Fiber	35 g
Sugars	37 g
Protein	83 - 92 g
Vitamin A	900 mcg
Vitamin C	90 mg
Calcium	1,000 mg
Iron	8 mg
Water	14-15 cups
Vegetables	3 cups
Fruits	2 cups

# Daily Nutritional Needs

## Men: 250-275 Pounds

Calories:	Ages 31-50	2200
	Ages 51 and over	2000
Fat		56-70 g
	Saturated Fat	less than 16 g
	Trans Fat	less than 2 g
	Unsaturated Fat	
Cholesterol		less than 300 mg
Sodium		less than 500 mg
Total Carbohydrate		72 g
	Dietary Fiber	35 g
	Sugars	37 g
Protein		92 -101 g
Vitamin A		900 mcg
Vitamin C		90 mg
Calcium		1,000 mg
Iron		8 mg
Water		15 cups
Vegetables		3 cups
Fruits		2 cups

## Men: 275-300 Pounds

Calories:	Ages 31-50	2200
	Ages 51 and over	2000
Fat		56-70 g
	Saturated Fat	less than 16 g
	Trans Fat	less than 2 g
	Unsaturated Fat	
Cholesterol		less than 300 mg
Sodium		less than 500 mg
Total Carbohydrate		72 g
	Dietary Fiber	35 g
	Sugars	37 g
Protein		101 - 111 g
Vitamin A		900 mcg
Vitamin C		90 mg
Calcium		1,000 mg
Iron		8 mg
Water		15.5 cups
Vegetables		3 cups
Fruits		2 cups

# Daily Nutritional Needs

## Men: 300-325 Pounds

Calories:	Ages 31-50	2200
	Ages 51 and over	2000
Fat		56-70 g
	Saturated Fat	less than 16 g
	Trans Fat	less than 2 g
	Unsaturated Fat	
Cholesterol		less than 300 mg
Sodium		less than 500 mg
Total Carbohydrate		72 g
	Dietary Fiber	35 g
	Sugars	37 g
Protein		111 - 120 g
Vitamin A		900 mcg
Vitamin C		90 mg
Calcium		1,000 mg
Iron		8 mg
Water		15.5 cups
Vegetables		3 cups
Fruits		2 cups

## Men: 325-350 Pounds

Calories:	Ages 31-50	2200
	Ages 51 and over	2000
Fat		56-70 g
	Saturated Fat	less than 16 g
	Trans Fat	less than 2 g
	Unsaturated Fat	
Cholesterol		less than 300 mg
Sodium		less than 500 mg
Total Carbohydrate		72 g
	Dietary Fiber	35 g
	Sugars	37 g
Protein		120 - 129 g
Vitamin A		900 mcg
Vitamin C		90 mg
Calcium		1,000 mg
Iron		8 mg
Water		15.5 cups
Vegetables		3 cups
Fruits		2 cups